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Soups for all Seasons

Stella Standard

Lancer Books New York

A LANCER LARCHMONT BOOK

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To the Memory of André L. Simon

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Soups for all Seasons

Stella Standard

Introduction

Until the 7th century, people made some sort of brew in huge cauldrons that received everything available: cereals, vegetables, game, if any, and bread. As civilization proceeded, methods of food production developed and eating patterns changed. But the soup habit persisted, became worldwide and today it is properly acknowledged as basic, nutritious, and therefore indispensable to man's diet.

Grimod de la Reynière and Brillat-Savarin, two oft-quoted gourmets, were born in the 1750s, and were friends and jurists who devoted much of their lives to the delights of the table. De la Reynière wrote a *Manuel des Amphitryons* and an *Almanac des Gourmands,* and Brillat-Savarin wrote the well-known book, *Physiology of Taste.* Brillat-Savarin attended monthly dinners at the home of de la Reynière, where serious and devoted diners passed judgement on dishes sent in by tradesmen interested in publicity. Both wrote philosophical treatises on the culinary arts, and what they had to say is as pertinent today as it was then. De la Reynière wrote that soup was to a dinner what a portico or peristyle was to a building; that is to say, it sets the tone of the whole banquet in the same way as the overture announces the subject of the opera.

Brillat-Savarin was more explicit, distinguishing between the two basic soups, *bouillon* and *potage.* "We apply the phrase *pot-au-feu* to a piece of beef boiled in slightly salted water, with the object of extracting its soluble parts. The liquid which is left at the end of the operation is called *bouillon.* The residue of meat, when the soluble part of the meat has been extracted, we call *bouilli* . . .

"To make good *bouillon,* it is essential that the water come to a boil slowly to prevent the albumen from coagulating inside the meat before extraction. It should boil quite gently so that the components which successively dissolve may easily and thoroughly commingle. Vegetables were added to bring out the flavor, and bread or dough to make it more nutritious. With these additions, *bouillon* became *potage. Potage* is a light, wholesome, and nutritious form of food which agrees with everyone; it stimulates the receptive and digestive faculties of the

stomach. It is said that nowhere can such good *potage* be obtained as in France; and my own travels have proved the justice of the saying. And, indeed, it is what might be expected; for *potage* is the basis for the French national diet, and the experience of centuries has inevitably brought it to perfection."

Bread was used to thicken soup and was dipped into the soup to soften it; two habits retained to this day. Soup is the earliest food custom, and in both China and France, soup is still the national dish; *congee* in China and *potage* in France. All western soups are French in origin.

Soup in France is taken very seriously in the home; in some it is served two or three times a day. If it is made with care, soup is made with stock. There is an erroneous idea outside that country that the soup-kettle never ceases to bubble and that anything and everything is thrown into it. For instance, had a pot of soup been started during the Crimean war as a continuous operation it would still be there on the back of the stove, bubbling merrily. Nothing could be further from the truth. Everything that goes into the soup pot is perfect food, not something unsuitable for anything else. Meats, poultry and bones go with the appropriate vegetables into the soup. And, after two or three days that pot will have been consumed, and a new *pot-au-feu* is begun with fresh utensils and fresh food. Different provinces have their own long-time favorites, using the most available vegetables, meat and game. Perhaps the two most popular soups in France are onion soup and potato soup.

When planning your menu, both soup and the main course must be considered. The vegetable accompanying the fish or meat must also be chosen so as not to conflict with the soup. For example, potato or onion soup should not be chosen when those two vegetables are to go with the meat. Spinach soup would be a good choice, and this could take the place of another green vegetable. A fish soup is ideal to precede a meat, poultry or game course. If a fish dinner is desired, serve a shellfish soup and follow it with a fine, big baked fish. This sort of meal makes a great hit with most people. In servantless times we can produce a meal with fewer dishes, but with a menu that has all the variety to please even the most fastidious.

As an opening course, soup serves admirably to separate the apéritif from the wine to be served with the fish or meat. The palate is then ready for a complete change. On occasion, you might want to serve a wine with soup. A dry amontillado sherry would go well with shrimp

bisque, a dry fino sherry with lobster bisque, or champagne as suggested by Paul Genin of Chez Pauline. A light moselle would go well with mushroom soup; a dry white wine with mussel soup. Serve montilla sherry or madeira with oxtail soup. Claret goes with game soup. Oyster soup calls for a chablis, onion soup a white burgundy. If Madeira is served as an apéritif it may be continued with turtle soup. Always serve wine at room temperature, with hot soup. These suggestions may also be helpful when soup is served as the meal in itself.

No matter how small your family, if soup is a daily habit there can never be too much. Soup stock can be used in countless ways. There is nothing better or more convenient for lunch or to begin a dinner for two or a party of ten. It is the ideal first course.

To be a good soup maker you must have certain equipment. One of the most important items is a 14-quart soup kettle. When meat, chicken and vegetables are cooked, there should be no crowding. A fish cooker is another prerequisite. It is equipped with a rack which allows the fish to drain so that it does not break. There are wonderful fish soups which specify serving whole pieces of fish either in the soup or on the side. Pots of different sizes are required for making soup. A four-quart pressure cooker is essential for retaining all the nutrients of small green vegetables that go into soups. The electric blender is a real must. It purées in a matter of seconds, making watery soups velvety in texture, and purées leftover vegetables, with the addition of milk or broth, into delicious soups. A blender saves enough food to pay for itself in a matter of months. The meat grinder is also an old standby and very important, as are sieves from coarse to fine.

Not every kitchen has stock on hand at all times. Meat glaze and other beef and chicken soup concentrates are especially useful and should always be on the shelf. If every bit of leftover meat and bones were saved for stock there would always be a supply on hand for making soup. Stock instead of water is the difference between something with flavor and nourishment and something without. Vegetable juice and carrot juice are good substitutes for water, and may go into a large kettle of vegetable soup as part of the liquid. Keep cans of both on hand.

Brillat-Savarin said the secret of good soup is "long, slow cooking." I have used "simmer gently" hundreds of times—I don't know a better way to say it. Soup is nourishing for the rich or poor, the old or young, the sick and the well. The steaming kettle perfumes the house and whets the appetite. It yields the very essences of the good things that

went into it. And like bread, soup is the universal food.

Recipes from several three-star restaurants, as well as from some others who deserve this distinction, are included.

1.
Stocks, Meat Soups and Poultry Soups

There are a few rules for cooking bones and meat for soup. Put bones in cold water or stock and slowly bring to the simmer. This method will extract the gelatine. Meat is also put in cold water or stock and brought to simmer for extracting a maximum of food value, proteins, and gelatine. Salt is added sparingly at the beginning for clear stock; the seasoning is corrected at the end. When the meat from the soup is to be served for family or guests, as in Boiled Beef, it is put into boiling water or stock to seal in the juices. When brown stock is desired for rich soups and sauces, the meat and bones are put in a very hot oven and roasted to a rich brown—without burning them. Turn during cooking. You can also sauté bones or meat until they turn a rich brown. Then they are brought to a simmer in the liquid. All stocks should be skimmed after they are brought to a simmer. Continue skimming until all scum is removed.

Beef Bouillon

2 pounds beef knuckle and marrow bones
2 pounds beef, chopped
1 chicken
2 cups onions, chopped
2 cups celery, chopped
2 cups carrots, chopped
3 sprigs parsley
1 white turnip, sliced
1 parsnip, sliced
2 bay leaves
1 can mixed vegetable juice
1 large can tomato purée
1 can carrot juice
1 cup dry red wine
1 tsp. basil
1 tsp. thyme
2 whole cloves
salt and pepper
2 egg whites half beaten

Garnish

croutons
parmesan or shredded gruyère cheese

Have the knuckle cracked. Put the bones, beef, chicken, vegetables, and all the seasonings except salt in a large soup kettle. Add water to just cover. Cover with a lid and simmer gently 1 hour. Remove the chicken and serve it as is, or use for salad or a creamed dish. Add salt and continue cooking soup 3 hours. A little boiling water may be added if necessary but the soup should have a strong flavor; don't dilute it. When it is done, remove the bones and strain the broth without pressing the vegetables against the sieve or it won't be clear. Let the broth cool, then chill it and remove the fat on top. Put the broth back to boil gently with the egg whites for 15 minutes. Line a sieve with a damp cloth and strain the broth: it will be clear. Store in the refrigerator in glass screw top jars after it has perfectly cooled. This is the base of many sauces and a variety of soups, mushroom, bean, onion, etc. A little madeira may be added before serving. Croutons and cheese are a very good garnish.

Beef and Oxtail Soup

- 2 pounds rump, chuck, or brisket, cubed
- 1 oxtail, cut in 6 pieces
- 2 calf's shin bones with meat and marrow
- 1 onion, quartered
- 1 whole onion, stuck with 3 cloves
- 1 cup onions, chopped
- 1 cup carrots, chopped
- 3/4 cup tomato purée
- 1 large leek, sliced
- 1/2 cup celery, sliced
- 3 tbsps. parsley, minced
- 1 cup dry red wine
- 3 turnips, diced
- 1 tsp. thyme
- 3 bay leaves
- 1 tsp. basil
- 1 tsp. marjoram
- 2 cloves garlic, crushed
- 3 quarts boiling water
- salt and pepper
- 2 tbsps. cornstarch
- 2/3 cup madeira

Wash the meats and bones and dry with paper towels. Put them and the quartered onion in a long dripping pan in a 400° oven for 25 minutes with no liquid. Turn them once while cooking. This browning will enhance the flavor of the stock. Put the meat and bones in a large soup kettle with all the ingredients except cornstarch, salt, pepper, and madeira. If any meat has stuck to the bottom of the browning pan, rinse it out with a little of the boiling water and add it to the soup. Cook slowly, covered, for 3 hours, skimming well. Add salt and pepper after 2 hours cooking. Remove the meats and purée the soup, or mash the vegetables through a sieve. Scoop the marrow from the bones and mix with the cornstarch and madeira and stir it into a little of the soup, then mix with the rest of the soup. Bring to the boil. The soup will serve 10. Serve meats cooked in the soup, to the family with mashed potatoes and creamed horseradish sauce.

Brown Stock

Fond Brun

- 3 pounds beef, cubed (round, rump, or shin)
- 2 pounds bones
- 1 veal knuckle, split
- 2 carrots, sliced
- 2 onions, sliced
- 1 whole onion, stuck with 2 cloves
- 1 tsp. thyme
- 2 bay leaves
- 2 cloves garlic, halved
- 3 stalks celery, sliced
- 2 sprigs parsley
- 1 cup red wine
- 1 cup tomato purée
- 3 1/2 quarts water
- salt and pepper

Roast the meat, bones, carrots, and onions in a long dripping pan at 450° for 25 minutes. Put them in a large soup kettle with all the other ingredients except salt and pepper. Bring slowly to the simmer and skim well. Cover and simmer very slowly for 3 1/2 hours, adding salt and pepper after 2 hours. Strain through a sieve; do not press the vegetables against the sieve if you want a clear stock. Strain a second time through a sieve lined with a wet cloth. When thoroughly cooled, pour into screw-top glass jars and keep in the refrigerator. This stock is used for consommé, sauces and other soups.

Clarification of stock for aspics is done by simmering the broth with 2 lightly beaten egg whites for 20 minutes. For a more sparkling jelly, mix the egg whites with 3 tablespoons chopped parsley and 3 tablespoons minced raw beef and then simmer with the broth. Line a sieve with a wet cloth and carefully pour the stock through. A natural gelatine is obtained by cooking a calf's foot or veal bones with the stock. If your broth doesn't jell, dissolve 1 tablespoon of unflavored gelatine (in a little water or lemon juice) for every pint of liquid, and add to the stock.

Bouillon Blanc

This bouillon is for cooking vegetables when it is important that they remain light-colored; artichoke hearts, cardoons, etc.

1 tbsp. flour
2 tbsp. vinegar
juice of 1/2 lemon
1 quart water
1 tsp. salt
2 tbsps. butter

Blend the flour with the vinegar and lemon juice until smooth, then add the rest of the ingredients. Cook the vegetable in this court bouillon and use some of the boullion in the sauce served with it.

Bouillon with Madeira

4 or 5 cups chicken or veal bouillon
1/2 cup madeira
1/4 tsp. cinnamon
1/8 tsp. clove
1/8 tsp. nutmeg
2 egg yolks, beaten with 1 tbsp. light brown sugar

Garnish

croutons, fried in butter
2 tbsps. powdered sugar

Boil up the bouillon with the wine and spices. Beat the egg yolks until thick with the sugar and whisk it into the hot bouillon. Serve with croutons fried in butter and shaken in a bag with the sugar. Serves 4 or 5.

Cervelle Velouté

1 pair calf's brains
1/2 cup onions, chopped
1/4 cup butter
1 whole clove garlic, peeled
salt and pepper
4 cups veal or chicken broth
2 egg yolks
1/2 cup heavy cream, scalded

Garnish

crisp croutons or quenelles or pistachio nuts, chopped

Soak the brains in salted cold water an hour, then drain and remove all the membranes. Dry brains on a linen cloth. Cut the brains in small pieces. Sauté the onions in butter until they begin to brown, then stir in the brains and add salt and pepper and whole garlic. Cover and simmer gently 10 minutes. Remove the garlic and purée the contents of the pan with some of the broth, then combine with rest of broth. Scald the cream and mix with egg yolks, then whisk into the soup. Reheat, but do not let boil again. Garnish the soup and serve hot. Serves 6.

Chicken Broth

3 pounds chicken parts: gizzards, wings, backs, necks, hearts, etc.
1 knuckle of veal, split
marrow bones
water to cover (2 quarts or more)
3 tsps. chicken soup concentrate
1 1/2 cups celery and leaves, sliced
1 1/2 cups onions, diced
2 carrots, sliced
1 parsnip, sliced
salt and pepper
1 tsp. thyme
1 tsp. basil
1 tsp. chervil
2 whole cloves
1 cup dry white wine

To make a rich consommé, veal and beef bones are necessary. If you wish some good poached chicken, add breasts and legs as required and after 45 minutes of very gentle simmering, remove them. Put all the ingredients in a large soup kettle and add a broth made of 2 or more quarts of water to cover with 3 teaspoons of chicken soup concentrate. Simmer, covered, 2 hours and then strain. This is a fine soup as it is, and it is the base for many others such as vichyssoise, mushroom, onion, and potato, as well as for many other sauces. If you wish to clarify it, simmer it 15 minutes with 2 lightly beaten egg whites. Line a sieve with a damp cloth and strain the soup through it. It will be clear. Store it in glass screw-top jars after it has entirely cooled. This makes an aspic which is delightful in summer with a dash of minced green onion and a teaspoon of caviar added to the top of each cup. Makes 3 quarts.

Consommé Double

1 oxtail, cut in pieces
1 pound lean rump of beef, ground
1 onion, stuck with 3 cloves
2 quarts rich beef stock
1/2 cup madeira

Garnish

fresh tarragon, chervil, or basil, minced
slices of poached marrow

Preheat the oven to 500°. Put the oxtail and the beef in a dripping pan and roast 12 minutes. Put meat in the soup kettle with the onion and hot beef stock. Cover and simmer gently 2 hours. Strain through a linen cloth. Let cool, remove the fat, and strain again. This broth may be thickened a little if you like but it is not necessary. Add madeira. It is served very hot and garnished with the marrow in each cup sprinkled with an herb. Serves 6.

Consommé with Veal Quenelles

6 1/2 cups rich consommé, veal, chicken, or beef
3 tbsps. butter
2 tbsps. flour
3 tbsps. fresh herbs: tarragon, chives, parsley, basil, minced
30 quenelles (p. 324)

Make a roux of the melted butter and flour. Stir until smooth over low heat until it browns slightly, then add a little consommé. When this is smooth add all the consommé. Bring to the boil and cook the quenelles in the soup for 6 or 7 minutes. Place 5 quenelles in each of 6 hot soup plates and ladle the consommé over them. Serves 6.

Curry Consommé

3/4 cup of tart apple cut into julienne strips
1/2 cup madeira
1 cup black cherries, pitted
2 tbsps. curry powder
1 cup beef or chicken consommé
2 tbsps. chutney
7 cups chicken or beef consommé
1/4 cup minute tapioca or vermicelli

Marinate the apple for 1 hour in the madeira. Add the cherries and cover. Mix the curry with 1 cup of consommé and cook it in the top of the double boiler for 15 minutes. Add the chutney, consommé, and the tapioca or vermicelli. Simmer over direct heat for 15 minutes. Add the fruits and wine, reheat and serve. This soup is delicious served cold in the summer. Serves 8.

Game Soup

carcass and meat of roast game
1 cup onions, chopped
1 cup carrots, chopped
1/2 cup celery, sliced
2 leeks, sliced
bouquet garni: thyme, parsley, chervil
6 cups bouillon
1/2 cup dressing or cooked rice
2 tbsps. butter
1/3 cup good port

Disjoint or pound the carcass and put it in a large soup kettle. Add the vegetables, bouquet garni, and bouillon. Cover and simmer gently 1 hour. Remove the bones and reserve any meat. Purée the soup and meat. Add dressing or cooked rice and the butter. If thicker than heavy cream, add more bouillon. When ready to serve, reheat, and add the wine. Makes about 8 cups of soup.

Giblet Soup

1/2 to 1 pound gizzards
1/2 to 1 pound hearts
chicken soup parts: backs, necks, wing tips
2/3 cup onions, sliced
2/3 cup carrots, sliced
2 stalks celery and leaves, sliced
bouquet garni: parsley, thyme, chervil
salt and pepper
2 quarts water
2 tsps. chicken concentrate
8 chicken livers, sliced
3 tbsps. butter
parsley, chopped
2 tbsps. tapioca, (optional)

Slice the gizzards and hearts and put them in the soup kettle with all the ingredients except livers, butter, parsley and tapioca. When using the concentrate, use salt sparingly until the soup is done. Cover and simmer gently 1 hour and 15 minutes. Strain the soup. Sauté the sliced livers in butter until they are cooked through but still pink inside. They and the parsley are used as a garnish. If a thicker soup is desired, add the tapioca before adding the livers and simmer 10 minutes. When the soup is done you may add 1/2 cup of dry white wine and 1 tablespoon of grated lemon rind to give it a more piquant taste. Serves 6.

Passatelli alla Romagnola

Sampieri, Bologna

The following mixture is pressed through a stampo apposta *(mold for the purpose) which looks like a giant garlic press. The recipe was given me by Anida Gennaro, chef of this favorite old-fashioned restaurant on the street of its name. Anida is one of those busy people who will stop and cook anything you ask for, whether it is on the day's menu or not. She is a great cook and a great friend.*

2 eggs
1/2 cup breadcrumbs
3/4 cup grated parmesan cheese
1 tbsp. melted butter
few grains nutmeg
simmering chicken consommé

Mix all the ingredients except consommé together. The mixture should be quite dense. Put it through the press and then into simmering consommé and cook 2 minutes. This delicious soup is an old specialty of Bolognese cuisine.

Potage à la Reine

1 to 1 1/2 pound chicken
1 cup dry white wine
5 cups chicken broth
bouquet garni: thyme, parsley, marjoram or chervil
1 cup onions, finely sliced
1/4 cup patna rice
salt and pepper
1/2 cup heavy cream, scalded
2 egg yolks

Garnish

Browned almonds, sliced

Put the ingredients except salt and pepper, cream, and egg yolks into a soup kettle. Slowly bring to the simmer, cover, and cook gently 45 minutes or until the chicken is tender. Remove the chicken and take enough meat from the breast to make 1 cup, closely packed. Strain the soup. Purée the meat with 2 cups of the soup and return it to the pot. Cut some julienne sticks of chicken and put them in the soup. If the soup is too thick, add a little wine and broth. It must be creamy. When you serve the soup, reheat it and scald the cream. Mix the cream with the egg yolks and stir it into the soup. It must not boil again. Sprinkle each soup plate or cup with some lightly browned almonds. This is an elegant soup and this recipe serves 8.

Potage de Volaille Suprème

1 2-pound chicken
6 cups chicken consommé
1/3 cup patna rice, washed
1/4 cup browned almonds, sliced, pulverized
1/3 cup madeira
1 cup heavy cream, scalded
2 egg yolks

Garnish

1/4 cup browned almonds, sliced

Cut up chicken and put it in a heavy pot. Cover it with rich, well-seasoned consommé and add the washed rice. Cover and bring to the simmer so slowly that it takes 20 minutes. Cook 40 minutes altogether when the meat can be easily removed from the bones. Purée the meat with the rice to a light creamy consistency. Add a little more consommé if necessary. The almonds are delicately browned in the oven to improve their flavor. Pulverize 1/4 cup almonds, the blender is good for this. Add to the soup with the madeira. When ready to serve, reheat the soup. Scald the cream; add to egg yolks and whisk this into the soup. Reheat but do not boil again. Scatter a few shredded almonds over each plate of soup. Serves 8.

Potage Mimosa

6 cups rich chicken bouillon
6 tbsps. madeira
1/3 cup heavy cream, whipped
1/3 cup sour cream
salt and freshly ground pepper
3 egg yolks, hardboiled, sieved

Add the wine to the hot bouillon. Stir the whipped cream into the sour cream and season with salt and pepper. Divide soup into 6 cups; float a dollop of cream on top of each cup of soup and sieve the egg yolk over the top of the cream.

Poultry Stock
Fond Blanc

3 pounds chicken parts: backs, necks, wings, giblets
1 veal knuckle, split
2 carrots, sliced
2 onions, sliced
1 whole onion, stuck with 3 cloves
3 1/2 quarts water
2 bay leaves
3 stalks celery, sliced
3 sprigs parsley
1 tsp. basil
1 tsp. thyme
1 cup dry white wine
salt and pepper

Make the same way as White Stock, using 3 pounds of chicken soup parts: backs, necks, wing tips, giblets and split veal knuckle. The veal meat is omitted.

Soup of Small Birds

This is a fine soup when you have game birds but not enough of them to serve roasted.

3 or more pounds squab, guinea hen, quail and/or duck
1/3 cup butter and oil
1 tbsp. brown sugar
1/2 cup onions, chopped
1/2 cup carrots, chopped
1 tsp. marjoram
1 tsp. thyme
1 cup red wine
6 or more cups chicken broth
1 cup heavy cream, scalded
2 egg yolks
1 jigger cognac

Garnish

parsley, chopped
croutons, fried in butter

Clean and dry the birds. Sauté them in butter and oil until they are golden all over. They may be split in half so the liquid will more easily cover them. Put them in a big soup kettle. Add the onions, carrots, herbs, wine, and hot broth. Cover; bring to a simmer and skim. Cover and cook gently 1 hour. Remove all the meat from the bones and cut 2 cups of it into cubes; purée the rest with the strained soup. If too thick, add a little more broth. Put the diced meat in the soup. When ready to serve, reheat and whisk in the scalded cream which has been mixed with the egg yolks. Reheat but do not boil again. Add the cognac. Sprinkle the top of each plate of soup with a little parsley and pass the crisp croutons. Serves 8.

Tagliarini al Consommé

rich beef, veal or chicken consommé
finest egg noodles
grated parmesan or gruyère cheese

Boil 4 to 6 ounces noodles (for 8 people) in salted water about 8 minutes and drain. Have the consummé boiling hot. Put a small helping of noodles in each hot soup plate and add the hot consommé. Pass a bowl of cheese. This is a popular soup in Italy and a fine one, of course, depending on the quality of the ingredients.

Turkey Wing Soup

3 very large, or 6 or 8 small, turkey wings
1 1/2 cups celery, sliced and leaves
1 carrot, sliced
1 large potato, cubed
1 large Bermuda onion, diced
2 parsnips, sliced
1 tsp. basil
1 tsp. thyme
1 tsp. chervil
1 large can vegetable juice
salt and pepper
water to cover
1 cup dry white wine
1 cup light cream
2 tbsps. cornstarch
1/4 cup madeira or port

This is a meal in itself, as the wings are served with the soup, one wing, or part of a wing, in each plate. Put all the ingredients in a large soup kettle except the cream, cornstarch, and madeira or port. Cover and simmer very gently, until the wings are tender, 1 hour or more. Remove them and strain the soup if you wish. If the vegetables are very finely cut up, you may not wish to strain it. Blend the cream and cornstarch and cook until thickened; then stir a small amount of soup into it, add to the soup, then add the win. Put 1/2 large or 1 whole small turkey wing in each plate. Serves 6 or 8.

Veal and Chicken Broth

1 veal shank, split
1 veal knuckle, split
1 cup onions, diced
1 cup carrots, diced
1 white turnip, sliced
1 leek, sliced
1 cup celery, sliced
2 quarts water
1 tsp. meat glaze
2 tsps. chicken soup concentrate
2 1/2 pounds chicken breasts and legs
salt and pepper
1/2 cup tomato purée
1/3 cup vermicelli
2/3 cup heavy cream, optional

Put all the ingredients except chicken, salt and pepper, purée, vermicelli, and cream in a large soup kettle. Bring to a simmer and skim. Cover and cook slowly 1 3/4 hours. Add the chicken, seasonings, and tomato purée. Simmer gently 30 minutes, or until the chicken is tender. Strain the soup and keep the meat warm. Add the vermicelli to the strained soup and simmer 15 minutes. If you wish a cream soup, add the cream. Serve the meat separately, with a green vegetable. Serves 6.

Velouté au Ris de Veau

1 sweetbread
1/2 cup dry white wine
6 cups veal broth
salt and papper
1 pound fresh peas
2 tsps. basil
3 tbsps. butter
1/2 cup heavy cream
2 egg yolks

Garnish

sautéed sweetbreads
3 tbsps. chives, finely minced

Soak the sweetbread in cold salted water an hour. Drain and remove all membrane and cut sweetbread in small segments. Put sweetbread in a heavy pot with the wine and 1/2 cup of the broth. Season with salt and pepper, cover, and simmer gently 15 minutes. Remove half the sweetbread and set aside. Purée the rest with the juices and the veal broth, until smooth. Sauté the reserved sweetbreads in butter until golden—quickly, as they must be soft inside. Cook the peas with basil and very little water, and add them to the purée. When ready to serve, reheat the soup. Scald the cream, mix it with the egg yolks and whisk it into the hot soup. Add the browned sweetbreads and chives. Serves 8.

Velouté de Poulet

chicken parts: 4 legs with thighs
chicken parts for soup: backs, necks, giblets, wing tips
1/2 cup onions, chopped
2 carrots, sliced
2 leeks, sliced
1/2 cup celery, sliced
1 medium-sized potato, peeled and diced
1 cup dry white wine
2 tbsps. tomato paste
2 whole cloves
2 quarts water
salt and pepper
1 jigger brandy
1 cup heavy cream
2 egg yolks
parsley, chopped to taste

Garnish

croutons fried in butter

Put all the chicken in a large kettle and add the vegetables, seasoning (except salt and pepper), and water. Cover and simmer 30 minutes, then add the salt and pepper and cook 15 minutes longer. Remove the chicken legs and thighs. Remove all the meat and return the bones to the kettle and simmer 40 minutes longer. Strain through a coarse sieve. Cut the leg and thigh meat in small pieces and purée it with the chicken broth until smooth (*velouté* means velvet). Add more broth if too thick. Check the seasoning. Add the brandy, and when ready to serve, bring to the boil. Scald the cream and mix with the egg yolks and whisk into the soup. Reheat but do not boil again. Add parsley. Pass a bowl of croutons. Serves 10.

White Stock
Fond Blanc

3 pounds neck and shoulder of veal
1 1/2 pounds veal bones
1 veal knuckle, split
2 carrots, sliced
2 onions, sliced
1 whole onion, stuck with 3 cloves
3 1/2 quarts water
2 bay leaves
3 stalks celery, sliced
3 sprigs parsley
1 tsp. basil
1 tsp. thyme
1 cup dry white wine
salt and pepper

Put all the ingredients except salt and pepper into a very large soup kettle, and bring slowly to a simmer. Skim throughout the cooking. Cover and simmer gently 3 1/2 hours; after 2 hours add salt and pepper. Strain twice, the second time use a sieve lined with a damp cloth. This should jell without the aid of commercial gelatine. For clarification see Brown Stock.

2.

Complete-Meal Soups

Blanca's Hungarian Soup

2 1/2 pounds neck or breast of lamb, cubed
3 tbsps. bacon fat and butter
1 1/2 cups onions, chopped
1 tbsp. flour
2 tbsps. sweet Hungarian paprika
1 1/2 tsps. cumin powder
1/2 tsp. thyme
salt and pepper
1/2 pound green beans
1/2 pound potatoes, peeled
1 cup sour cream

Cut the lamb in 1 inch cubes. Melt the butter in a heavy soup pot and sauté the onions until they begin to brown, then stir in the flour and paprika. Stir in the lamb and cook until it is well browned, about 3 minutes. Add 4 cups of boiling water. Cover and simmer 1 1/4 hours. Add the cumin, thyme, salt, and pepper. Cut the beans in 1/2 inch lengths. Dice the peeled potatoes in 1/2 inch cubes. Combine them with 2 cups of salted water and cook until tender. Add the beans and potatoes with their cooking water to the soup. The meat should now be tender. Stir in the sour cream. Serves 6 or more. A cup of egg noodles may be cooked separately and added, to extend this nourishing dish.

Boiled Beef with Buckwheat Grits
Kasha

2 1/2 to 3 pounds of beef brisket or chuck
1 cup onions, finely diced
1 onion, stuck with 3 cloves
1 young turnip, peeled and diced
1 young parsnip, diced
1 tbsp. tomato paste
1 leek, sliced
2 bay leaves
1 tsp. savory
1 tsp. marjoram
salt and pepper
2 1/2 to 3 quarts water
1 cup buckwheat grits

Accompaniment

Dijon mustard
cucumber and lettuce salad

Put the meat in a large soup kettle; pour 2 1/2 quarts of boiling water over it and when it comes to the boil, skim it well. Add all ingredients; cover and simmer gently 3 hours or until the meat is tender. If the soup is too thick, add the rest of the boiling water. Check the seasoning. Serve the meat and soup separately. The beef is good with mustard and the salad suggested. Serves 6 or 8.

Boiled Beef with Vegetables with Soup or Aspic

3 quarts rich beef stock
2 pounds bones (veal knuckle, split)
4 pounds round or rump of beef
juice of 1 lemon
1 onion, stuck with 3 cloves
6 white onions
6 young carrots
6 white turnips
6 medium-sized potatoes

Accompaniment

horseradish cream sauce
Sardellan Sauce

This is one of the great dishes—fine in winter, or summer. If the stock has been made without bones, to make aspic you will need to start cooking marrow bones and veal knuckle in cold stock and when it comes to the boil, put in the meat, juice, and onion stuck with cloves. Cover and simmer very gently 1 hour and 15 minutes. Prime beef, which this should be, will be tender in 2 hours. Boil up the onions and carrots, drain and add them to the kettle. In 15 minutes, add the boiled and drained peeled turnips and potatoes. Simmer very gently 30 minutes. The vegetables must be tender but keep their shape. Remove meat and vegetables and put the meat on a large hot platter and arrange the vegetables around it. Serve 1 of each vegetable for each person. Mix the sauces with a little sour cream. Sardellan is anchovy paste. Serve the sauces with the meat. The broth is strained and served in cups. For warm weather, strain the sauce and it will be jelly. Some sliced cold meat with some jelly is served in wide soup plates. A good beaujolais is the wine for this.

I have a great partiality for brisket but it *is* fat and the broth which it is cooked in must be chilled and the cake of fat removed before serving. This makes it fine when the meat is served cold in aspic, but the rump or round is better when served hot, and immediately. Serves 6.

Bolliti Bolognese

Choice of Meats:

2 or 3 pounds brisket or chuck
2 or 3 pounds filet of veal
1 fresh beef tongue or 3 veal tongues
1 calf's head with gristle
2 or 3 pounds pork shoulder, boned
1 zampone or pork sausage
1 3 pound chicken
2 cups onions, chopped
2 cups carrots, chopped
2 white turnips, diced
1 whole onion, stuck with 3 cloves
2 tbsps. parsley, chopped
1 tsp thyme
1 tsp. chervil
1 tsp. basil
1 large can vegetable juice
2 cups dry white wine and water to cover
salt and pepper

Allow 4 hours overall cooking time. Put the beef tongue in the kettle first, with all the liquids, vegetables, and seasonings. Cover and simmer. After 1 hour, add the beef, veal and pork and cook 3 hours; after 2 hours, add the calf's head and veal tongues (these need 2 hours' cooking). Continue to cook slowly; the chicken needs 45 minutes to cook and the sausage will be done in 1/2 hour.

The bolliti is served on large platters, and the soup in bowls. It is a great Bolognese specialty. Some restaurants have a wagon that goes to the tables with a carving board and customers choose the meat they wish. The green sauce is served with the meat—the ingredients are mixed together and served in a small tureen. The leftover meats are delicious served cold with mustard and horseradish sauce. This is a grand dish for a party. To serve 8, choose the meats you wish but use at least 4 different kinds.

Green Sauce

1 cup parsley and watercress, ground
2 tbsps. sugar
1/4 cup lemon juice
2 tbsps. vinegar
1/3 cup olive oil
2 cloves garlic, crushed
12 capers
2/3 cup meat broth
salt and pepper

Green Sauce: Simply mix the ingredients together and serve in a small tureen, when the meats are cooked.

Brazilian Peasant Soup

1 young, 3 1/2 pound chicken
3 pounds neck of lamb, chuck or brisket of beef
1 1/2 cups fresh cut corn
2 green peppers, sliced
1 pound potatoes, peeled and diced
1 cup squash or pumpkin, diced
1 zucchini, sliced
1 large tomato, skinned and sliced
2 onions, sliced
2 cloves garlic, crushed
1 cup green beans, sliced
1/4 cup parsley, minced
1/3 cup patna rice
dash cayenne
salt and pepper
3 or more quarts water

Put the lamb or beef in a large soup kettle and pour 3 quarts hot water over it, cover, and bring to a simmer and skim. Simmer gently for two hours, then add the chicken and all the vegetables, rice, and seasoning. Bring to a boil, turn low, and cook 45 minutes or until the chicken is tender. If necessary, add more boiling water 1/2 hour before the soup is ready. Take out the meat and chicken and serve separately. This will serve 10 or more people.

Cabbage Soup with Spareribs

fresh spareribs (for 4)
caramel
salt and pepper
1 cup onions, chopped
8 white onions
2 carrots, cubed
2 large potatoes, quartered
1 new cabbage, cut in 8ths
2 tsps. caraway seeds

Accompaniment

mustard

Cut the spareribs in serving pieces, 4 two inch squares to each serving. Paint them with caramel, add salt and pepper, and braise them in a pan for 20 minutes at 375°. Lay them on the bottom of a soup kettle, add the chopped onions and the white onions and carrots. Just cover with water and simmer for 20 minutes; then add potatoes and cabbage on top so they will steam tender. Sprinkle with caraway seeds. Cover and simmer for 20 minutes—the vegetables should be tender. Chicken stock concentrate may be added to the broth if desired. The meat and vegetables may be served on hot plates, well drained, with the soup in cups as an accompaniment.

Cock-a-leekie

1 young 3 1/2-pound chicken
1 large bunch of leeks
3 tbsps. butter
salt and pepper
8 cups chicken stock
1/3 cup barley
12 or 15 large sweet prunes

An old Scottish recipe calls for a cock, but we prefer young, tender birds. Trim and wash the leeks, using as much of the green as possible, discarding coarse outer leaves. Slice them in 1/2 inch lengths. Cook 3/4 cup of the leeks in butter till soft, then add them to the soup kettle with the chicken, the rest of the leeks, a little seasoning, and the stock. Add the barley and bring to a simmer very slowly. Cover and cook 45 minutes, then add the prunes, and simmer gently 10 minutes longer. Remove the bird; slice the meat and put it in a large, warmed tureen and pour the soup and prunes over it. Serve meat, prunes and soup in wide soup plates. This is very good with hot corn bread. Serves 6 or more.

Congee

This porridge-soup is the pot-au-feu of China, a kettle of fragrant nourishing rice or millet or barley with all sorts of meats and poultry added—a dish into which children and adults may dip for morning breakfast to midnight snack. It sits on the back of the stove, where it may be replenished from time to time. Roasted carcass of chicken, turkey or duck, spareribs or other pork meats, fresh meat and leftover meat, anything too good to discard is used. Here is a version for an American housewife to begin with; for a family with many mouths to feed.

choice of: calf's knuckle, split neck of lamb, spareribs, browned breast of veal
1 1/2 cups of millet, buckwheat grits, oat grits, brown rice or pearl barley
10 or 12 cups of water
chicken soup parts
3 teaspoons salt
onions and carrots, chopped

Garnish

bowl of sliced green onions

Put everything in a very large soup kettle, cover and let simmer 2 1/2 hours. Add 2 tablespoons of chicken soup concentrate for more flavor. Stir it from time to time. Keep the heat as low as possible, just so it bubbles gently. Add boiling water when it gets very thick. You can use as much or as little meat as you wish. Sliced green onions are good sprinkled over the cereal. Experiment and you will find out which grain you prefer; steel-cut oats are marvelous, and you may want to add whole vegetables, 30 minutes before meal time.

Cream of Veal Soup

4 pounds breast of veal
1 cup onions, diced
1 cup carrots, diced
1 white turnip, peeled and diced
1 parsnip, scrubbed and diced
1 cup celery, sliced
1 large leek, sliced
1 tsp. thyme
1 tsp. tarragon
8 cups water
1 cup dry white wine
salt and pepper
3 tsps. chicken soup concentrate
1/2 pound button mushrooms
3 tbsps. butter
2 tbsps. onion, minced
1 cup heavy cream
1/2 cup parmesan cheese
1/2 cup fine bread crumbs
1 tbsp. mixed, dried herbs.

This is another grand meal in itself. Do not have the veal boned; bones will drop out after they are cooked. Put veal in a large soup kettle and add water, vegetables (except mushrooms), seasoning, and wine. Cover and simmer gently 2 hours, or until the meat is tender. Remove the meat, bone it, mix the crumbs and dried herbs and pat the mixture all over the top of the meat. Put it in a shallow baking pan and glaze it under the flame just before serving. Strain the soup. Bake the mushrooms with the butter and onions, 6 or 7 minutes in a 350° oven, and scrape them and their juices into the soup. Boil the cream with the cheese until it is melted and smooth, and add it to the soup. Serve the soup and meat separately. The meat may be accompanied by chutney and a green vegetable or mashed potatoes. Serves 8.

Fète Day Soup

Near East

2 2-1/2 pound chickens
2 or more quarts water
1/2 cup patna or Indian rice
pinch saffron or 1 tsp. turmeric
1 orange rind, grated
2 tbsps. orange flower water
salt and pepper
1/2 tsp cinnamon
3 tbsps. parsley, chopped

Lamb Quenelles:
4 ounces raw lamb, ground
2 egg yolks
2 tbsps. fresh onion juice
salt and pepper
2 tbsps. cornstarch
1 tsp. oregano

Accompaniment

chutney or green vegetable or mashed potatoes

Put the chickens in a large soup kettle, cover with water, simmer gently, and skim. Cook for 45 minutes over very low heat, then add the washed rice, saffron or turmeric, orange rind, orange flower water, salt and pepper. Cook slowly 20 minutes. Remove the chickens and add the cinnamon and parsely to the broth.

Quenelles: Mix all ingredients together and form into balls the size of marbles. Drop them into the simmering broth, cover, and cook slowly 18 minutes. Serve the soup and chickens separately. If you wish a stronger-tasting broth, add 2 teaspoons of chicken soup concentrate and skimp on the salt. Serves 8 to 10.

Ham and Vegetable Soup

1/2 small ham
1 1/2 cups onions, chopped
1 cup carrots, chopped
2 white turnips, diced
2 whole cloves
1 tsp. marjoram
6 whole potatoes
12 large spinach leaves, chopped
3 tbsps. butter
salt and freshly ground pepper

Accompaniment

mustard

Put the ham in a soup kettle with the onions, carrots, turnips, cloves and marjoram. Add 1 1/2 quarts water, cover, and simmer 1 1/2 hours. Boil up the potatoes, drain and add them to the soup and simmer gently until the potatoes are done, about 25 minutes. Chop the spinach leaves very fine and melt them in the butter over low heat, about 3 minutes. Remove the potatoes and ham and keep them warm in a 250° oven. Purée the soup and add the spinach. Check the seasoning. Serve the soup, ham, and potatoes, separately. Serve mustard with the ham. Serves 6.

Hotch Potch #1

French

2 pigs' feet
1 cup onions, chopped
1 whole onion, stuck with 2 cloves
1 cup carrots, chopped
2 cloves garlic, crushed
6 quarts water
2 or 3 pounds rump or chuck of beef
2 or 3 pounds veal neck or breast
bacon fat
1 small celeriac, diced
2 white turnips, sliced
2 leeks, sliced
salt and pepper
1/2 small cabbage, shredded
1 potato per person
1 garlic sausage
8 to 12 little sausages

Garnish

chives or parsley, chopped

Accompaniment

mustard, pickles, Alsatian wine and/or beer, black bread

You need your big kettle to serve 12. Put the pigs' feet in the kettle with the onions, carrots, garlic, and water and bring to a simmer; skim, cover, and cook gently 1 1/2 hours. Brown the beef in bacon fat and add it to the kettle after the pigs' feet have cooked 1 1/2 hours. Simmer 1/2 hour, then brown the lamb in bacon fat and add it to the kettle. Add more boiling water as necessary, to just cover, Simmer 1 1/2 hours, then add all vegetables except the potatoes and cook 1/2 hour. Brown the sausages in the bacon fat and add with the whole potatoes and cook 30 minutes. Scoop out the potatoes and put them on a large platter with all the meats. Serve separately, but at the same time as the bowls of soup.

Hotch Potch #2

Scottish

2 or 3 pounds neck of lamb
2 1/2 quarts boiling water
1 cup onions, diced
1 cup carrots, diced
1 cup white turnips, diced
2 leeks, sliced
salt and pepper
1 cup broad beans
2 cups fresh peas
1 cup green beans
6 spring onions, sliced
2 cups lettuce, shredded
1 small cauliflower

Put the meat in a large soup kettle and pour the boiling water over it. Skim and add the onions, carrots, turnips, and leeks. Cover and simmer 1 1/2 hours, then add salt, pepper and broad beans. Cook another 1/2 hour. Cut the green beans in 1/2 inch lengths, the cauliflower into small flowerets, and add to soup with the other vegetables. Cover and cook 1/2 hour longer. The meat is served on a platter and the soup and vegetables are served in bowls at the same time. This is very fine soup when vegetables are new and young. Serves 6 to 8.

Hungarian Beef Soup

1/3 cup butter and oil
1 cup onions, chopped
2 tbsps. sweet Hungarian paprika
1 1/2 to 2 pounds 3/4-inch cubes of beef
salt and pepper
2 tbsps. flour
1 cup dry red wine
3 cups hot water
1 1/2 pounds potatoes, diced
2/3 cup tomato purée
2/3 cup sour cream
beef broth

Garnish

parsley, chopped

Cook the onions with the butter and oil in a heavy pot until they brown. Stir in the paprika and meat and when the meat is red, stir in the flour. Heat the wine and water and add it to the meat. Cover and simmer gently 2 hours, then add the potatoes cut in 1/2 inch cubes. Cook another 30 minutes, Add the mixed tomato purée and sour cream. Thin with broth to soup consistency. The meat may be served separately or in the soup. Add chopped parsley to each wide soup plate. Serves 6.

La Soup Tourangelle

Charles Barrier, Restaurant Le Negre, Tours

turkey carcass: back, wings, leg bones with meat
1/2 cup butter
1/2 cup carrots, shredded
1/2 cup onions, chopped
1/2 cup celery, chopped
3 tbsps. flour
1 cup dry white wine (Vouvray)
2 quarts water
salt and pepper
lump of butter

Brown the bones and vegetables in the butter; stir in flour. Add the wine and hot water and some salt; cover and simmer gently 1 1/2 hours. Strain the soup; add the big lump of butter, correct the seasoning. The livers are sliced and sautéed in butter and diced wing meat is added to the soup. Serve with buttered toast or croutons. In Europe, turkey is not always roasted, but the raw meat is cut into cutlets. So this is unlike our turkey soup but is made of fresh raw turkey parts. Serves 6.

Accompaniment

turkey livers sautéed in butter
diced wing meat
buttered croutons or toast

Tours is an interesting city to visit and this elegant restaurant is one of the pleasantest places to dine in France. M. Barrier has 3 well deserved stars. He grows his own vegetables and serves fish and game from the region, which he knows well, since it was his birthplace. Restaurant Le Negre is at 101, Avenue de la Tranchée.

Mock Turtle Soup

3 pounds neck of lamb, cubed
1 pint clam juice
6 or 7 cups veal stock
1 bay leaf
1 large can turtle meat with broth
1 cup madeira
4 egg yolks
parsley, chopped

Accompaniment

cheese straws (p. 313)

Put the lamb, clam juice, and veal stock in the soup kettle. Add the bay leaf and bring to a simmer. Skim, cover, and cook over the lowest heat, just so the broth moves gently. The meat should be tender in 2 hours, and the combination of clam and lamb resembles turtle. Remove the meat and serve separately another time. Put the broth through a sieve lined with a damp cloth. Add the turtle meat and broth. When ready to serve, reheat. Beat the yolks thick and add the madeira. Put this in a warm tureen and whisk in the boiling soup. Add the chopped parsley. Pass cheese straws. Serves 8.

Mulligatawny

2 pounds chicken legs and thighs or 2 pounds neck of lamb, cubed
1 cup onions, chopped
3 tbsps. butter
1 1/2 tbsps. curry
1/2 cup carrots, chopped
1/2 cup celery, sliced
2 sprigs parsley
salt and pepper
8 cups chicken consommé or water
3 tsps. chicken soup concentrate (with water)
1 tart apple, cut in julienne sticks
1/4 cup madeira or sherry
2 tbsps. cornstarch

Oriental Pilau:

1 1/2 cups patna rice
3 cups chicken broth
1/4 cup green onions, chopped
1 tsp. turmeric
1/3 cup flaked coconut
1/3 cup raisins or currants
1/4 cup madeira or sherry
lump of butter

Accompaniment

chutney

In the soup kettle, sauté the onions in butter for 2 minutes, then stir in the curry. When mixed, add the carrots and celery and cook 3 minutes over low heat, then stir in the meat until well covered. Add the boiling consommé or if water is used, add the water and soup concentrate. Cover and cook chicken very gently about 35 minutes or until tender. Mutton is cooked 2 hours or until tender. Meanwhile, soak the apple sticks in the wine. When the soup is done, blend the cornstarch with the apple and wine. Remove the chicken and take the meat from the bones and return the chicken meat, and apple mixture to the soup and cook until thickened. If lamb is used it is not taken from the soup. When soup thickens, serve with oriental rice. Serves 8.

Oriental Pilau: The pilau is made by soaking the rice in the broth, onions, and turmeric 1 hour before cooking it. Soak the raisins or currants in the wine for 1 hour, also. Cook the rice over low heat, covered, 10 minutes, then add the coconut, fruit and wine, and cook 10 minutes more. Stir in the butter. Serve the soup in wide soup plates and the pilau on side plates. Some of the rice may be spooned into the soup.

Mutton Broth with Spinach

Near East

2 1/2 to 3 pounds neck of lamb, cubed
2 1/2 quarts water
1/2 cup patna rice
1 cup onions, finely chopped
4 tbsps. butter
2 tsps. crushed coriander berries
2 cloves garlic, crushed
2 tsps. cumin powder
salt and pepper
1 pound fresh spinach, chopped fine

Cut the lamb in 1 1/2 inch cubes and put it in a large soup kettle. Add water; bring to a boil and skim. Cover and simmer the meat 1 hour. Wash the rice. Brown the onions in butter and add them, the rice, and seasonings. Cover and cook 45 minutes. Wash and trim the spinach and chop it fine. Add the spinach, and simmer another 30 minutes. Serve the meat with the soup, putting 2 pieces of meat in each soup plate. Serves 6 to 8.

Oxtail Soup

3 pounds oxtails
1 clove garlic, crushed
1 cup onions, chopped
1 cup carrots, chopped
1 white turnip, diced
8 cups beef bouillon
salt and pepper
1 cup dry white wine
madeira

Wash the oxtails and cut them in 4 inch lengths. Put them in a pot with all the ingredients except the wine. Bring to a simmer and skim. Cover and cook slowly 1 1/2 hours. Remove the oxtails and purée the soup. Put the oxtails in a pan, add the wine, cover and simmer 10 minutes. Remove all the meat from the bones and add it and the wine to the soup. Put 1 tablespoon of madeira in each soup plate and add the boiling soup. Serves 6 to 8.

Note: The bouillon may be made with meat glaze, meat concentrate, and boiling water if home made bouillon is not available.

Pot-Au-Feu

3 or 4 pounds brisket or chuck
6 marrow bones
1 veal knuckle, split
3 1/2 quarts water
1 large onion, stuck with 3 cloves
1 cup onions, finely chopped
2 leeks, sliced thin
1/4 cup parsley, chopped
1 tsp. thyme
2 bay leaves
2 carrots, finely sliced
3 stalks celery, finely sliced
2 tbsps. salt
freshly ground pepper
6 whole white onions
6 whole young carrots
6 whole new turnips, peeled
6 whole small parsnips
6 whole peeled potatoes

Accompaniment

mustard and pickles

This is a grand dinner for 6 or more. The vegetables are sliced very thin because the soup is not strained. If brisket is very fat, remove a little of the fat. Put the meat, bones, and knuckle in a large soup kettle and pour the boiling water over them. Bring to a simmer and skim well. Add the chopped vegetables and seasonings except salt and pepper. Cover, and after it has cooked 1 1/2 hours, add the salt and pepper. Simmer gently 1 1/2 hours longer or until the meat is tender. Boil up and drain the whole vegetables and put them on top of the meat. Cook 30 minutes or until the vegetables are tender. Drain out the meat and bones. The meat and soup are served separately. Serve the meat surrounded by vegetables on a huge platter. Pass mustard and pickles with the meat. Serves 6, with soup left over.

Pot-Au-Feu Ancien

Some provinces of France use mutton instead of beef but beef is traditional.

3 pounds round or plate of beef
1 pound brisket
1 1/2 pounds cracked bones
3 1/2 quarts water
2 whole onions, roasted, browned
2 onions, each stuck with 2 cloves
2 tbsps. salt
2 tsps. freshly ground pepper
1 large carrot, sliced
2 tsps. basil
2 tsps. thyme
2 tsps. chervil
1 large carrot, sliced
2 tsps. each basil, thyme, chervil
3 stalks celery, sliced
1 cup onions, chopped
3 cloves garlic, crushed
6 potatoes
6 small new carrots
6 small white turnips
6 small white parsnips
1 new cabbage, cut in 6ths

Accompaniment

toast, Dijon mustard, creamed horseradish

Two onions should be roasted until almost black in a 500° oven; they give color and flavor to the broth. Wash the meat and bones. Put them in a large kettle and add the boiling water. Cover and bring slowly to the simmer and skim well. Add all the ingredients, up to and including the garlic. Simmer, covered, 2 1/2 hours. The rest of the whole vegetables are boiled up, drained, and placed on top of the soup. Cover and simmer gently 30 more minutes or until vegetables are tender. This gives the meat 3 hours, which makes good beef almost fork tender. Serve the soup, keeping the meat and vegetables warm in the kettle. The meat is put on a platter surrounded by the vegetables and served with the garnishes and a good beaujolais. Serves 6.

Of course there will be fine broth left to make into other soups. It is strained, put into screw-top glass jars and refrigerated without covering, until the cake of fat can be removed.

Petite Marmite

an earthenware marmite
1 1/2 pounds brisket, cubed
2 quarts beef broth or water
2 whole cloves
1 cup onions, finely chopped
1/2 cup carrots, finely chopped
1 white turnip, diced fine
1 leek, sliced fine
salt and freshly ground pepper
1 tsp. chervil
1 tsp. thyme
1 tsp. basil
6 chicken parts (legs and thighs)
6 marrow bones
3 cups cabbage, coarsely chopped

Accompaniment

toast

The vegetables must be chopped finely as this soup is not strained. Put the cubed meat in the soup kettle with the broth or water. If water is used, add 3 teaspoons of chicken soup concentrate and a pea-sized piece of beef glaze. Add the remaining ingredients, except chicken, marrow bones, and cabbage. Cover, bring to a simmer, and cook 1 1/2 hours. Add the chicken parts, marrow bones, and cabbage. Simmer gently 30 minutes or until the chicken is tender. This dish takes its name from the vessel it cooks in, and is served from the marmite at the table. Put a marrow bone on each of 6 hot plates along with a piece of chicken. Serve the soup in bowls. Spread the marrow on toast with a little salt—it is a great delicacy. Serves 6.

Petíte Marmite Henri IV
André L. Simon

This is a small edition of the *pot au feu*– that is, a brew or broth of meat and vegetables. The *petite marmite* is usually made of boned beef, a small hen, a knuckle of veal, and fowl's giblets put into the stock pot, covered with water, and allowed to simmer for a long time; the surface fat and scum being carefully skimmed off from time to time. Carrots, onions, turnips and leeks are boiled at the same time; a *bouquet garni* is of course, *de rigueur;* pepper and salt to taste. The *Henri IV petite marmite* has a fowl boiled in the pot always, whatever else may be missing.

André Simon's *French Cook Book*
(Courtesy Little, Brown & Co., Boston)

Philadelphia Pepper Pot with Dumplings

1 pound each of 3 kinds of tripe: black, honeycomb, and gras double (fat)
1 onion, sliced
4 cloves garlic, sliced
1 veal knuckle with meat
2 onions, finely chopped
2 tbsps. sweet marjoram
2 tbsps. sweet basil
2 tbsps. sweet savory
2 tbsps sweet savory
3 quarts water
1 cup tomato purée
4 potatoes, diced
1/2 cup dry white wine
salt and pepper
2 tbsps. browned flour

Dumplings

3/4 cup corn meal
1 cup sifted white flour
2 tsps. baking powder
1 tsp. salt
2 tbsps. chives or green onions, chopped
2 tbsps. sour cream
1 egg, beaten
approx. 1/4 cup buttermilk

Have the tripe scraped and cleaned by the butcher. The day before making the soup, wash the tripe and scald it 3 times with boiling water. Put it in a kettle, add the sliced onion and garlic and cover with cold water, cover and simmer 6 hours. Drain. Cut it in 3/4 inch squares. Put it in the soup kettle, 3 hours before dinner, and add the knuckle, onions, herbs, and 3 quarts fresh water. Cover and simmer gently 2 hours. Remove the knuckle, cut the meat in small pieces and return the meat to the soup. Add the diced potatoes, tomato purée, wine, salt and pepper. Brown the flour and smooth a little broth into it and add it to the soup. When the potatoes are almost done, add the dumplings, cover and simmer 12 to 15 minutes. Serves 8.

Dumplings: Sift the dry ingredients together and add the chives or onion. Mix the sour cream, egg and 1/4 cup buttermilk, and combine with the flour mixture. Add enough buttermilk to make a soft but stiff dough. Drop 8 dumplings from a spoon into the simmering soup.

Potée

This is essentially a peasant soup and the ingredients vary from region to region; but two ingredients always appear, cabbage and pork parts. There are many pork products to choose from: garlic sausage, that wonderful Lyonnaise cervalas, shin of fresh pork, streaky salt pork, smoked pork, both fat and lean, ham, fresh pork shoulder or breast, etc.

1 cup dried white beans
4 cups water
3 pounds lean pork
1 pound streaky salt pork
freshly ground pepper
6 juniper berries, crushed
2 cloves garlic, crushed
2 tbsps. goose fat or butter
1 cup onions, chopped
1 onion, stuck with 4 cloves
1 carrot, sliced
1 leek, sliced
1 stalk celery, sliced
1 cervelas or garlic sausage
salt
1 cup green beans, sliced
1 medium-sized cabbage, cut in 8ths
6 or 8 potatoes, peeled

Accompaniment

Dijon mustard
black bread

Wash and soak beans overnight in 4 cups of water in a large soup kettle. Next day boil them 1 hour, then add the lean pork and salt pork, and 2 more quarts of boiling water; bring them to a simmer and skim. Add the pepper, juniper berries, and garlic. Brown the onion in goose fat or butter, then add to the soup, along with the onion stuck with whole cloves, carrot, leek, and celery. Cover and simmer gently 1 1/2 hours. Add salt to taste and the sausage and green beans. After 10 minutes, add the cabbage and potatoes and cook 25 minutes or until the potatoes are tender. Drain the meat and sausage and serve on a platter with the cabbage and potatoes. Serve the soup in bowls with the accompaniments. Served with a good white wine, this is a grand dish for 6 or 8.

Poule Au Pot

1 5-pound young, corn-fed chicken

Broth

2 knuckles of veal with meat, cracked
chicken soup parts: wing tips, back bones, necks, giblets
3 quarts water
2 carrots, sliced
1 leek, sliced
1 turnip, sliced
1 large onion, stuck with 5 cloves
1/2 tsp. cinnamon
salt and pepper
bouquet garni:
thyme, parsley, bay leaves

Farce

1/3 cup onions, chopped
1/3 cup butter
1/2 pound chicken livers
1 1/2 cups cubed rye bread, toasted
1 tsp. anise powder
1/4 cup currants soaked in 1/4 cup madeira
1 cup dry white wine
1/2 cup vermicelli

Wash the bones and chicken parts and put them in a large soup kettle with the water, and bring to a simmer. Skim well and add all the broth ingredients. Cover and simmer gently for 2 hours.

Meanwhile, soak the currents for the farce (stuffing) in madeira, for 1 hour. Sauté the onions in the butter until they begin to soften, then stir in the sliced livers and cook 2 minutes. Season with salt, pepper, and anise. Toss the onions and livers with the small bread cubes. Add the currants and madeira. Stuff and truss the chicken. It must be sewed up well to keep the farce intact.

Put the chicken in the soup, add the wine and bring to a simmer. Cook slowly, covered, for 30 minutes on one side; turn it over and cook 30 minutes on the other side. It should be tender after 1 hour's cooking. It must cook just so the broth gently bubbles. Remove chicken and wrap it in wax paper to keep it moist and warm. Strain the soup, add the vermicelli and cook 15 minutes. Serve the soup in cups and the chicken separately. Serves 8.

Scotch Broth

3/4 cup split peas, dried
3 pounds shoulder or neck of lamb
4 beef marrow bones
1 cup barley
1 large onion, diced
1 cup carrots, diced
1/2 cup celery, sliced
salt and pepper
2 bay leaves
1 tsp. marjoram
1 small cabbage, shredded, or 2 cups kale, shredded
2 carrots, cubed
parsley, chopped

Soak the peas in 2 cups of water, 6 hours. Put the lamb and bones in a large soup kettle and add 2 1/2 quarts boiling water. Bring to a simmer and skim. Add the barley, peas, onions, carrots, and celery. Cover and simmer 2 hours. Add the salt, pepper, herbs, cabbage or kale, and 2 cubed carrots. Cover and simmer gently 30 or 40 minutes; add a little boiling water if necessary. Remove the meat and serve it separately on a hot platter. Serve the soup in bowls. Serves 8.

Scotch Broth with Lamb

3 1/2 pounds neck of lamb soup bones
1/2 cup split peas, dried
1/2 cup barley
1 large onion, minced
salt and papper
1 cup carrots, finely diced
3 leeks, finely diced
1 bunch green onions, finely sliced
1 cup white turnip, finely diced
1 cup celery hearts, finely diced
3 tbsps. parsley, chopped

Caper Sauce

1 tbsp. cornstarch
1 cup light cream
1 tbsp. lemon rind, grated
1 tbsp lemon juice
3 tbsps. capers
2 tbsps. butter
1 egg yolk

Rinse the peas and soak them overnight in just enough water to cover. When ready to make the broth, put the meat and bones in a large soup kettle and add 3 quarts of hot water; simmer 30 minutes and skim well. Add the peas, barley, onions, salt, and pepper and simmer gently 1 hour, covered. Add all the vegetables except the parsley and simmer 1 hour more. (This soup is not strained so the vegetables should be sliced and diced very fine.) The meat has now been cooked 2 1/2 hours and it should be tender. Remove the bones and stir in the parsley. The soup and meat (on a platter) may be served together or the soup may be served first and the meat kept warm in the kettle to be served after the soup, with caper sauce. The meat serves 8.

Caper Sauce: Blend the cornstarch and cream and cook until hot, then add the seasonings and capers. When ready to serve, reheat and whisk in the butter and egg yolk but do not boil again. Serve in a tureen.

Soupe de Tête de Veau

water to cover
1 calf's head, split
1 large onion stuck with 3 cloves
1 onion, sliced
1 carrot, sliced
1 clove garlic, sliced
1 cup celery, sliced fine
1 cup dry white wine
2 tbsps. wine vinegar
salt and pepper
1 tbsp. chicken soup concentrate

Accompaniment

Sauce Gribiche (p. 316) or Vinaigrette (p. 324)

Have head thoroughly cleaned and split by the butcher. Soak in cold water for 24 hours, changing the water 3 times. When ready to cook, blanch it in boiling water, drain, and rinse. Put it in the soup kettle with all the ingredients, adding water to cover well. Bring to a simmer and skim. Cover and simmer gently 1 1/2 hours or until the meat is tender. As the water boils away, add more to keep the head just covered. Remove all the meat from the bones. Cut in bite-size pieces. The meat, tongue, and brains are of course a great delicacy and may be served with Vinaigrette Sauce or Sauce Gribiche. The broth may be served in cups. If desired return 2 cups of the meat to 6 cups of broth and serve as soup. This strained broth makes a fine aspic.

Calves' feet may be prepared the same way. Put 2 calves' feet in the broth 2 hours before you add the head and keep them covered with boiling water as they cook.

Soupe Rouenaise

roast duck carcass
4 cups chicken consommé
2 cups water
1 cup red wine
1 cup onions, chopped
1/2 cup carrots, chopped
salt and pepper
1/2 cup celery, chopped
2 new white turnips, diced
1 tsp. thyme
1 tsp. basil
1/2 pound chicken livers
3 tbsps. butter
1 jigger cognac

Garnish

3 tbsps. parsley, chopped
1/2 cup ground duck, if available

Pound and disjoint the duck carcass. Put all ingredients, except livers, butter, and cognac, into the soup kettle. Add any leftover dressing or gravy. Simmer, covered, 1 1/2 hours. Sauté the livers in the butter until they brown lightly but are still pink inside. Cut them in pieces. Strain the soup and purée, along with the livers. Add the cognac. Check the seasoning. Add ground duck meat if available. Serves 6.

Variation: 1/2 cup of pre-soaked lentils may be cooked with the duck carcass. Scald the lentils and rinse them well. Soak 6 hours in 1 cup of water before adding to broth.

Soup of Lamb or Mutton

Near East

2 pounds neck or breast of lamb
1/4 cup oil
2 tbsps. flour
2 tsps. oregano
salt and pepper
1/3 cup parsley, minced
1/2 cup onions, chopped
2 quarts boiling water
1/2 cup celery, sliced
2 tsps. cumin powder
1/2 tsp. cinnamon
1 tsp. fennel
2 cloves garlic, crushed
1/3 cup vermicelli
juice of half lemon
2 eggs, beaten

Cut the lamb in 1 1/2 inch cubes. Put the oil in the soup kettle and heat. Put the lamb in a bag with the flour, oregano, salt, and pepper, and shake until it is covered. Brown it on all sides in the oil. Add the celery and seasoning. Cover and simmer gently 1 1/2 hours. Add the vermicelli and cook 15 minutes longer. If it is too thick, add a little boiling water or broth. Beat the eggs and add the lemon juice. Put the eggs and lemon juice into a warmed tureen and stir in the soup. Serves 8.

Spanish Pot-au-Feu

1 cup chick peas
3 cups water
1 1/2 pounds neck or breast of lamb in 2 inch cubes
1 cup ham, cubed
1 cup onions, diced
1 clove garlic, crushed
6 chicken legs
salt and pepper
1 cup green beans, sliced
2 tsps. cumin powder
2 tsps. oregano
2 tomatoes, skinned, sliced
6 Spanish sausages

Wash and soak the peas overnight in 3 cups water. Do not drain; put them in a large soup kettle with 2 more quarts of water, the lamb, and the ham. Cover and simmer 1 1/2 hours. Add the rest of the ingredients, except the sausages. Simmer 20 minutes. Brown the sausages quickly, add to soup and cook 20 minutes more. The soup may be served in bowls at the table; serve separately, a cube of lamb, a chicken leg and a sausage for each person. Serves 6.

Veal Broth

3 to 4 pounds breast of veal, unboned
1 veal shank
1 veal knuckle, split
2 carrots, sliced
1 onion, sliced
1 whole onion, stuck with 3 cloves
1 young white turnip, sliced
1 small celery root, diced
1 leek, sliced
1 tsp. rosemary
1 tsp. basil
1 tsp. chervil
1 cup dry white wine
2 1/2 to 3 quarts water
salt and pepper

Garnish

chutney and mashed potatoes

Wash the meats and put them and the vegetables and seasonings, except salt and pepper, in a large soup kettle. Add the salt and pepper, wine and hot water. Cover and cook 1 hour, then cook 1 hour longer, or until the meat is tender. Remove the meat and bones and keep warm; these are served separately. The soup may be strained or not as you choose. Any left over must be strained while hot, for when it is cold it will be jellied. The bones fall away from the breast. Fine crumbs mixed with 2 tablespoons of fine herbs may be mixed and patted into the top of the meat and glazed in the oven. It is delicious. Four pounds of meat will serve 8.

Waterzoii

Waterzoii is Persian but this dish has long been a favorite in Belgium. Pierre Rogalle of the Brussels Restaurant gave it to me a number of years ago.

1 3-pound broiler (or 2 2-pound broilers)
2/3 cup onions, chopped
1/2 cup carrots, chopped
salt and pepper
2 bay leaves
2 quarts water or broth
1/3 to 1/2 cup of flour
1/3 to 1/2 cup of butter
1 cup heavy cream
1/2 cup carrots sliced in julienne sticks
1/2 cup leeks, finely sliced

The specified amounts of chicken are to serve 6. If 8 are to be served, get 2 2 1/2-pound chickens and use 10 cups of water or broth, in which case, use larger amounts of flour and butter. Put the chicken in a large soup kettle with the onions, carrots, pepper, and bay leaves. Add water with 2 teaspoons chicken soup concentrate, or broth and bring slowly to the boil. After 20 minutes add some salt but check seasoning when cooking is over before adding much. Cover and simmer very gently about 40 to 45 minutes. Meanwhile put the butter and flour in a heavy pan and bake it 20 minutes in a very slow oven without browning. This is a secret of the fine flavor of sauces and soups that chefs use—removing the raw taste of uncooked flour. Strain the broth and mix it with the flour and butter little by little. Now cook the soup uncovered, very gently, for 20 minutes. Stir it occasionally. Steam carrots and leeks until tender in very little water and add to the soup. Put the chicken back into the soup. The chicken and soup are served in a tureen, the chicken lifted to a hot platter and sliced. The soup is served in bowls and the chicken on plates with hot rice. Chutney may be served with it.

Wooden-Leg Soup

(La Soupe a là Jambe de Boua Auberge Paul Bocuse, Collonges-au-Mont-d'Or, Lyons)

M. Bocuse says "This old recipe from the traditional gastronomy of Lyons is an illustration of a healthy cuisine where the savor and proper aroma of each ingredient is kept without pretension and in the peasant manner. Even the old spelling of wood, "boua" is kept in the title." One might also say that Wooden-Leg Soup is an Italian bollito, *French style, in which various meats are cooked in the same kettle. The one indispensible ingredient is the shin of beef, because when the soup is served, the bone stands erect in the kettle—hence its name. So choose any number you like of those meats specified. This is a good soup for a party. "Serve beaujolais without restraint. Bon appetit!"*

shin of beef
salt
2 onions, sliced
1 onion, stuck with 4 cloves
2 carrots, chopped
bouquet garni: thyme, bay, chervil, parsley
quatre épices: ginger, nutmeg, clove, cinnamon, 1/2 tsp. each
2 leeks, minced
2 parsnips, sliced
2 turnips, sliced
2 stalks celery, sliced
3 veal knuckles
1 pork shoulder
2 turkey wings or legs
1 partridge
1 thick slice tender beef
1 small young leg of lamb
1 3-pound young chicken
1 pair calf's brains stuck with pistachios and truffle sticks wrapped in cheesecloth

You will need a 14-quart soup kettle which is very useful, and one every kitchen should boast. Put the shin of beef in it and the ingredients up to an including the 4 spices. Add 4 quarts of cold water, bring it to the simmer and skim it well. After 45 minutes, when you attain a good bouillon, add the vegetables and the meats, except the chicken and brains. Simmer gently 1 hour and 15 minutes, adding more boiling water if necessary, just to cover. Thirty minutes before serving, add the partridge and chicken. Meanwhile soak the brains in cold water 1/2 hour, then remove the membranes. Lard with nuts and truffle sticks (or mushroom sticks): pierce with a sharp-pointed knife and insert the nuts and sticks. Wrap the brains in cheesecloth

(continued)

and tie them. Ten minutes after the chicken is added, add the brains and the sausage, and cook 20 minutes. The kettle, with the shinbone standing up, is brought into the dining room by two strong men. Black bread is good with this.

Serve the soup in cups and have platters handy. This serves any number.

3.
Fish
Soups

Aigo Bouido
Provençal Fish Soup

2 cups potatoes, cubed
3 clove garlic, crushed
2 tomatoes, skinned, seeded, and chopped
1 orange rind, grated
pinch saffron
1/2 cup celery, finely sliced
1/2 tsp. thyme
1/2 cup onions, finely diced
1 tsp. powdered fennel
2 tbsps. parsley, minced
salt and pepper
1/4 cup olive oil
2 quarts water
3 pounds fish fillets: 3 kinds white-fleshed fish

Accompaniment

rouille (p. 73)
thin rounds of toast

Put all the ingredients in a fish cooker except the fish. Cover and cook gently 20 minutes. Put the fillets on the fish rack and simmer gently 12 minutes or until they are done. Drain them onto a hot platter and serve separately. Pass a bowl of rouille to spread on the toast to accompany the soup. Serves 6.

Anchovy Soup

2 large leeks, minced
1 medium-sized onion, diced
1 clove garlic, crushed
1 white turnip, peeled and diced
2 tbsps. butter
oil from can of anchovies
1/2 cup tomato purée
pinch of salt
freshly ground pepper
2 cups water
2 cups chicken broth or clam juice
1 small can anchovies cut in 1/2-inch lengths
parsley, chopped

Garnish

small croutons fried in butter

Sauté all the vegetables in the butter and anchovy oil 2 minutes, then add the tomato purée, salt, pepper, water and broth or clam juice. Cover and simmer gently 18 minutes, then add the anchovies and chopped parsley. Serve with a bowl of croutons. Serves 4.

Bouillabaisse à la Marseillaise
Le Drouant, Place Gaillon, Paris

This old and distinguished restaurant has always specialized in fish dishes, especially their bouillabaisse which is as authentic as you will find in the Mediterranean city itself. The fish specified are French species; we may use fresh cod, sea bass, sole, red snapper, bluefish, eel, lobster, and shrimp.

5 pounds mixed fish fillets

Fish Stock

fish trimmings
shrimp shells
1 onion, chopped
1 tsp. thyme
salt and pepper
2 quarts water

1/4 pound onions, chopped
white part of 1 leek, sliced
2 large tomatoes, peeled, seeded and crushed
2 cloves garlic, crushed
2 tbsps. parsley, minced
1/2 cup olive oil
1 big pinch saffron
1 bay leaf
1 branch fennel
2 tsps. salt
1/2 tsp. pepper

Rouille

2 cloves garlic, crushed
2 red pimentoes, mashed
lobster coral
2 tbsps. bread crumbs
1/3 cup olive oil
1/2 cup fish stock

Have the fish filleted, and the lobsters cut in 6 or 8 pieces, and the shrimp shelled. Put all the trimmings in the fish kettle with the shrimp shells, the other stock ingredients and 2 quarts of water. Cover and simmer gently 30 minutes, then strain. Save the coral of the lobster for the rouille. Put 1/4 cup of olive oil in a sauté pan and stir the lobster pieces in it until the shells turn red. Add 1 cup of water, cover, and steam tender about 15 minutes over low heat. A half hour before you serve the soup, put all the vegetables, olive oil, and seasonings in the fish kettle and lay the firmest fish on top. Add the strained fish stock and a little water to cover, if necessary. Cover and cook very gently 15 minutes, then add the more delicate fish and simmer 8 minutes. Add the shrimp and cook 1 1/2 minutes. When ready to serve, put the lobster on top of the soup in the tureen. Put the broth it cooked into the soup. If you have a copper fish kettle you may serve it at the table and you won't break the fish. The lobster goes on top.

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Accompaniment

dry French bread or toast

Rouille: The rouille is absolutely necessary to make this a grand dish. The ingredients are all mixed together to make a sauce the texture of mayonnaise. This is spread on toast or a spoon of it is stirred into a plate of soup. Each serving should include fish, a shrimp or two, and a piece of lobster. Serves 8.

Jules Petit, Chef de Cuisine of Le Drouant, *kindly gave me this recipe.*

Bouillabasse Froide en Gelée
Auberge au Lion d'Or, Cologny, Geneva

This is a jellied version of bouillabaisse for summer. For interest and accuracy I give M. Jacques Lacombe's choice of fish with alternatives we must use in this country.

In France

1 pound filleted St. Pierre
1 pound filleted Rascasse
1 pound filleted Sole
1 pound filleted Baudroie
1 pound filleted Grondin
1/4 cup olive oil
1/2 cup water
1 new carrot, cut in julienne sticks
1 small leek, finely sliced
1/2 cup fennel, cut in julienne sticks
4 tomatoes, skinned, seeded and chopped

Marinate the five pounds of mixed fish fillets 1 hour in the lemon juice and olive oil. For the fish stock put all the ingredients in a heavy pot and simmer gently 20 minutes. The bones of the fish will make the aspic jell. Skim and strain through a fine sieve. Put the oil and water in a small pot and add the julienne vegetables: carrot, leek, and fennel. Cook a very few minutes over low heat, covered, until they begin to soften—they must taste fresh. Skin, seed, and crush the tomatoes. Arrange the fish fillets in a large heavy frying pan and sprinkle with

(continued)

1 tsp. ground saffron
3 tbsps. orange rind, cut in fine julienne sticks

In this country

sole, pike, perch, trout, brill, whitefish, bass

Marinade

Juice of 1 lemon
1/2 cup French olive oil

Fish Stock

trimmings of all fish (heads and bones)
1 leek, sliced fine
1/2 cup fennel, finely chopped
1 carrot, finely chopped
1 onion, finely chopped
3 cloves garlic, crushed
2 chopped tomatoes
salt, pepper, cayenne
6 cups water
parsley, chopped
fresh chervil, chopped

Accompaniment

lemon oil mayonnaise
rouille
small rounds of toast

the saffron and add the julienne vegetables, tomatoes, orange sticks, salt, pepper, and a dash of cayenne. Moisten with the fish stock, bring gently to the boil and simmer 7 to 8 minutes. Add the shrimp the last 2 minutes. Skim and let cool a little. Arrange fish, a little of the vegetables and orange sticks, chopped parsley and chervil to each of 8 individual terrines. Fill the terrines with the stock and chill. Make rouille according to any of the recipes; there are several throughout the book.

This superb French restaurant is a short drive from Geneva and overlooks the lake. It is in the tradition of the Troisgros brothers, Paul Bocuse and others. They are all friends and colleagues.

Burgundy Fish Stew

4 pounds fresh-water fish, filleted: pike, pickerel, bass, trout, etc.
1/4 pound salt pork, diced
2 cups onions, sliced
3 cups potatoes, diced
2 cups canned tomatoes
dash cayenne
2 cups red burgundy
salt and freshly ground pepper

Garnish

8 slices French bread sautéed in olive oil and garlic

Fish Stock

fish trimmings
1 quart water
1 lemon, sliced
pinch sage
2 cloves garlic, crushed
1 carrot, sliced
1 onion, sliced
1/2 tsp. whole cloves
1 tsp. thyme
1 tsp. sugar
2 bay leaves
salt and pepper

Use at least 4 kinds of fish and have them filleted. Save all the trimmings, skin, heads, bones. Put them in a kettle with 1 quart of water and all the broth ingredients, cover and simmer 20 minutes, then strain. Fry the salt pork and put the crisp pork pieces in the soup kettle. Sauté the onions in the pork fat until they soften, without browning them. Put alternate layers of vegetables and fish in the kettle. Correct the seasoning of the fish broth. Mix the broth with the wine and pour it over the fish and vegetables. Cook gently for 30 minutes. Slice the bread 1 inch thick and fry it in olive oil and crushed garlic. Put 1 slice in each of 8 wide soup plates and ladle fish and broth over it. If gently cooked, the fish should not entirely fall apart. Serves 8.

To Prepare Clams for Soup

Scrub the clams and either shuck them yourself or have the fish man do it. Save all the juice and strain it through a sieve lined with a damp cloth to remove the grit. Separate the hard part of the clams from the soft, and squeeze the black substance from the soft part and discard it. Grind the hard part.

Clam Purée Soup

24 clams
8 cups fish stock
1 cup heavy cream, scalded
2 egg yolks
big pat of butter
paprika

Have the fish man open the clams, saving their liquor. Strain the clams and sieve the liquor through a damp cloth to remove the grit. Discard the hard part of the clams and squeeze out the black substance. Cut up the clams and purée them with their liquor and some of the stock. Mix the cream and egg yolks. Add the rest of the stock to the purée, heat and whisk in the cream and egg yolks. Add the butter and sprinkle the top of each plate of soup with paprika. Serves 8.

Cream of Clam Soup

32 fresh clams and their juice
salt and pepper
dash cayenne
8 cups fish stock
1 cup heavy cream, scalded
4 egg yolks

Make the stock with a pint of clam juice. Open the clams and put them and their strained juice in the top of the double boiler. See the stock is well seasoned with salt, pepper, and cayenne. Scald the cream and mix it with the egg yolks. Slowly pour the boiling stock over them and add to the heated clams. To extend the soup, a can of minced clams and their juice may be added to the fresh clams. Serves 8.

Quick Clam Chowder

1/3 cup green onions, minced
3 tbsps. butter
2 cans New England style clam chowder
1 1/2 cups milk
1 1/2 tbsps. cornstarch
1 cup light cream
half pint clam juice
1 can minced clams
1 can whole clams
1 tsp. turmeric
1 tsp. thyme
freshly ground pepper
scant tsp. salt
1 pound fresh shrimp (optional)

Sauté the onions in the butter a minute and scrape them into a large (not metal) mixing bowl. Empty the canned chowder into the bowl and rinse out the cans with the milk. Blend the cornstarch with a tablespoon of the cream and add the rest slowly so there will be no lumps. Cook it until it begins to thicken, then add it to the chowder. Add the clam juice and minced clams. Drain the juice from the whole clams and set the clams aside. Add all the seasonings. The turmeric gives the soup a rich color. The shrimp are a good addition but aren't strictly necessary. Wash them and cook them 1 1/2 minutes in 1/3 cup of water. Strain the liquid into the soup, shell the shrimp and set them aside with the whole clams. The soup may 'ripen' six hours. When ready to serve, put the soup in a saucepan, reheat it and at the last second, add the clams and shrimp. Both are easily overcooked. Serves 10 or 12.

New England Clam Chowder

25 round hardshell clams
2 ounces salt pork, diced
1 1/2 cups onions, diced
4 good-sized potatoes, diced
1/2 tsp. salt
1 pint clam juice
freshly ground pepper
1 cup milk
1 cup heavy cream
paprika

Accompaniment

pilot crackers

When the fish man shucks the clams, have him save all the juice. If there isn't a pint, use bottled juice. Fry the salt pork until it is crisp, scoop out the pieces and reserve them. Fry the onions and potatoes in the pork fat over a low heat until they are just tender. Add the salt, clam juice, and pepper, cover and simmer 10 minutes. Cut up the clams with scissors, add them to the vegetables, cover and simmer gently 15 minutes. Boil up the milk and cream and add it to the stew. Add the reserved crisp pork pieces and serve in warmed soup plates. Sprinkle a little paprika on each plate of soup. Serve with pilot crackers. Serves 4-6.

New York Clam Chowder

1 quart clams
4 ounces salt pork, sliced and diced
1 cup onions, chopped
2 cups potatoes, diced
1/2 cup celery, ground
1 cup skinned, seeded, diced tomatoes
4 cups clam juice
2 tbsps. butter

Accompaniment

pilot crackers

Prepare shucked clams as described above, grinding the hard part. Fry the salt pork and scoop out the crisp pieces and reserve. Sauté the onion, potatoes, and celery in the fat 5 minutes without burning them. Heat the clam juice to boiling and add with the tomatoes and the ground part of the clams; cook gently 15 minutes. Add the soft part of the clams and cook 4 or 5 minutes, gently. Add the butter and let stand to ripen several hours. Put the pork pieces into the soup and reheat before serving. Pass the crackers. Serves 6.

Rhode Island Clam Chowder

4 ounces salt pork, sliced and diced
2 large onions, diced
3 large potatoes, diced
1 quart shucked clams
1 pint of clam juice
1 cup skinned mashed tomatoes or tomato purée
1 1/2 cups light cream, scalded
1/2 cup heavy cream, scalded
2 egg yolks
2 tbsps. butter
salt and pepper

Garnish

pilot crackers

Put the diced salt pork in the bottom of the soup kettle and fry it until crisp. Drain out the pieces and reserve. Put the onions and potatoes in the pork fat and cook until golden but not burned. Grind the hard part of the clams (see above) and add to the vegetables along with the heated clam juice and cook 15 minutes. Add the tomato and soft part of the clams and cook gently 10 minutes. Scald the 2 creams and stir into the egg yolks, then stir into the soup. Season with salt and pepper but do not boil after the yolks are added. Put the pork pieces into the soup. Serve with pilot crackers. Serves 8.

Steamed Clam Broth

1 1/2 quarts clams
2 cups water
1/4 cup onions, chopped
salt and pepper
clam juice
1 cup heavy cream
2 egg yolks

Scrub the clams and put them in a kettle with the water and onions. Cover and steam until they open, about 15 or 20 minutes. Remove the shells over the kettle to save all the juice. Strain through a sieve. Add salt and pepper and enough clam juice to make 4 or 5 cups of liquid. Scald the cream and mix it with the yolks, then whisk it into the hot soup. Reheat but do not boil again. Put 4 clams in each of 6 soup plates and divide the soup over them.

Cod Stew

2 pounds fillet of fresh cod
3 tbsps. butter
1/2 cup onions, diced
1 1/2 pounds potatoes, diced
salt and pepper
2 quarts milk
2 tsps. chicken soup concentrate
2 egg yolks

Garnish

buttered croutons

Put the fish in an enamel or earthenware pot. Sauté the butter and onions 2 minutes, then stir in the potatoes and cook 2 minutes more. Lightly salt and pepper them. Scrape the vegetables over the fish. Melt the concentrate with the boiling milk and add it. Simmer 20 minutes, then stir in the potatoes and tureen. Purée 2 cups of the vegetables and soup and mix with the egg yolks. Serve a piece of fish in each soup plate. Add the purée to the rest of the soup, reheat and pour it over the fish. Serve with a bowl of croutons. Serves 6.

Steamed Crabs for Soup or other Dishes

Put 2 cups of water in the bottom of a large kettle with 3 tablespoons of vinegar. When the water boils, put in a dozen washed crabs. Cover and steam them 25 minutes, turning the heat down when they begin to boil. This steaming facilitates picking the meat from the shells. She crabs in the laying season have eggs and fat in the points of the shells which makes the soup rich. Getting them is a matter of luck. Cooked crabmeat is available in fish markets, and of course is more expensive.

Crab Soup

12 crabs or 1 pound of fresh crab meat
1 white onion, diced very fine
4 tbsps. butter
1/8 tsp. mace
1 tsp. lemon rind, grated
salt and freshly ground pepper
dash cayenne
2 cups boiling milk
1/2 tsp. Worcestershire sauce
2 cups heavy cream
1 1/2 tbsps. flour
6 or 8 tbsps. madeira

Prepare the crabs or crabmeat, being careful there are no fine pieces of bone in the meat. Put the onion and butter in the top of the double boiler and simmer 3 minutes, then stir in the crabmeat, seasonings, and boiling milk. Cover and simmer 10 minutes. In a saucepan, blend the flour with a little of the cream, then mix all together and bring to the boil. Add it to the crab mixture and cook, uncovered, 12 minutes. Put a tablespoon of madeira in each soup plate and ladle the soup over it. Serves 6-8.

Shrimp soup may be made the same way. Cook the shrimp 1 minute in 1 cup of water, salt, pepper and 1/2 teaspoon thyme. Shell the shrimp and grind it. Boil the shells in the broth 10 minutes. Strain it and add enough milk to the broth to make 2 cups. Then proceed as above.

Les Écrevisses Cardinalisées au Champagne

Hotel de la Côte-d'or, Saulieu

24 fine crayfish
(or 4 lobster tails)

Court Bouillon

1 bottle dry champagne
1 quart water
1/3 cup fine Champagne brandy
1/3 cup each onions, shallots and carrots, minced
2 cloves garlic, crushed
1 tsp. thyme
2 bay leaves
2 tbsps. parsley, minced
1 tsp. chervil
rind of 1 lemon, grated
salt, pepper, cayenne

Garnish

sprigs of parsley

Soak the crayfish 24 hours in fresh water. Put all the ingredients for the bouillon in a large kettle and simmer, to reduce, 45 minutes. When ready to cook the crayfish, remove them from the water and wash and rinse them well. Put them in the simmering bouillon and cook 12 minutes. Remove the kettle from the fire and let them stand 5 minutes. Serve 6 crayfish in each of 4 plates and the bouillon in cups garnished with a sprig of parsley.

Lobster tails are cooked 15 to 18 minutes, depending on their size. I suggest serving melted butter or mayonnaise with them along with the bouillon in cups.

Francois Minot says, "This recipe is grande cuisine *but simple at the same time. It is an ideal preparation for appreciating the finesse and the delicate taste of these charming crustaceans."*

Francois Minot followed Alexandre Dumaine and has kept this restaurant one of the culinary ornaments of France. All the classic dishes are here, and all the great burgundies. Saulieu is a short drive west of Beaune, an easy drive for lunch or dinner.

Cream of Scallops

Fish Stock

fish trimmings
1 carrot, sliced
1 onion, sliced
1 pint clam juice
1 cup dry white wine
1 tsp. thyme
1 tsp. marjoram
1 tsp. turmeric
salt and pepper
5 cups water

2 tbsps. cornstarch
3 tbsps. butter
1 1/2 pounds scallops
juice of 1/2 lemon
1 cup heavy cream, scalded
2 egg yolks
parsley, chopped

Have the fish man give you 2 pounds of fish trimmings, heads, bones, etc. Put them in a kettle with all the stock ingredients. Cover and simmer 30 minutes. Strain the stock. Mix the cornstarch with a little stock, then add it to the rest of the stock. Bay scallops are the right size and the best. If large scallops are used, cut them to the size of bay. Sauté them in the butter 1 minute and sprinkle with lemon juice. When ready to serve, bring the stock to a boil, add the scallops and the scalded cream which has been mixed with the egg yolks. Add the parsley. Reheat without boiling. Serves 8.

Anguilla alla Moda
Piero Piromallo, via Belvedere, 26, Bologna

Chef Attilio Volcan of Piromallo's restaurant is responsible for this fine soup.

3 pounds eel, skinned, boned and filleted
flour, salt and pepper
3 or 4 tbsps. vegetable oil
1 jigger cognac
1/2 cup dry white wine
2 medium onions, finely sliced
1/3 cup butter
3 tbsps. olive oil
6 ounces fresh mushrooms, chopped
1 clove garlic, crushed
2 tbsps. parsley, chopped
2 tomatoes, skinned and chopped
6 cups hot chicken consommé
1/2 cup thick cream

Accompaniment

6 slices toast

Roll the eel lightly in seasoned flour and cook until golden in bland oil. Put it in the oven at 350° for 6 minutes then add the cognac and wine. Meanwhile sauté the onions 5 minutes over low heat in butter. Cook the mushrooms, garlic and parsley in olive oil 2 minutes, stir in the tomatoes and combine with the onions. Put the eel and its juices on the vegetables and add the hot consommé. Handle the eel with care so as not to break it. Simmer very gently 15 minutes, then stir in the cream. Put a piece of toast in each of 6 warmed, wide soup plates and top each with a piece of eel. Ladle the soup over it.

In the summer of 1972, Luciano took us to the opening of Piromallo's new restaurant where many friends were gathered to drink to his success. Piromallo had experience in the best Bolognese and Roman restaurants before his eighteen years as head of dining on Italy's National Railways. This discipline taught him everything about food and choosing the best chefs.

Another summer's discovery was Aceto Balsamico, a vinegar made in Modena since 1605. Piromallo takes a bottle of the precious nectar around the dining room to add to the guests' salad. Only a few drops are needed to perfume the leaves. Every bottle contains some of the original "mother" since the time of the vinegar's first production.

Anguilles au Vert
Cuisine Spécifiquement Belge
Grand Hotel, Brussels

This Belgian specialty was given by M. Gablin, Director of the Grand Hotel in Brussels. The vert *and the goodness partly depends on the fresh herbs. These should be hand-chopped in a wooden bowl and any three of them will do.*

3 pounds eel, skinned
1/3 cup butter
1/4 cup shallots, minced
1/2 cup onions, minced
1 glass dry white wine
6 cups chicken consommé or fish stock
1 1/2 cups fresh herbs: sorrel, chervil, burnet, sage, parsley, tarragon, watercress
2 tbsps. cornstarch
1 cup heavy cream, scalded
6 egg yolks
salt and pepper
juice 1 lemon

The eel should be skinned and cut in 3-inch lengths. Cook it gently with the butter, shallots, and onions for 5 minutes, stirring the pieces so they lightly brown on all sides. Add the wine, hot fish stock or consommé, and the herbs. Cover and cook gently 15 minutes. Do not overcook for the eel must not fall apart. Blend the cornstarch with a little of the soup, then add it to the rest of the soup. Scald the cream and stir it into beaten egg yolks. Dip some of the soup into the cream mixture and then whisk it all into the soup. Heat without boiling; add the lemon juice, and serve in wide hot soup *plates. A fine, white burgundy is the best wine to serve with this soup. This recipe serves 8.*

Matelote d'Anguilles au Vin d'Arbois

Chez Maitre Paul, rue Monsieur le Prince, Paris

2 3/4 pounds eel
oil and butter
2 carrots, sliced
2 onions, sliced
1 jigger cognac
3 cloves garlic, crushed
3 1/2 cups (1 bottle) Arbois rosé
1 cup fish fumet

Beurre Manié:

2 tbsps. flour
2 tbsps. butter

Garnish

garlic croutons
12 small onions, cooked
bacon crumbles

Have the eel cleaned, skinned and cut in 2 1/4-inch lengths. Wash the eel in cold water and wipe it dry with paper towels. Quickly turn the eel in hot oil until it is golden on all sides, being careful not to burn it. Put a big lump of butter in the casserole from which you will serve the dish, and add the carrots and onions cut in thin rounds. Add the pieces of eel and blaze with cognac. Add the garlic and stir the eel in this mixture over very low heat a few seconds, then add the wine. *M. Gaugain comes from the Jura and so do the wines he cooks with. If you can't get the specified wine, use a good rosé from the Loire.)* Cook the eel 15 minutes, remove it to a platter and cover loosely with wax paper. Put the sauce over simmering water and cook it uncovered, 1 hour. Add the fumet or fish stock. Sieve the sauce and thicken it with beurre manié. Mix the butter and flour and snip off little pieces of it. Cook the sauce 5 minutes. Heat the eel in the sauce, then lift it to the casserole and pour the sauce over it. Garnish with the small croutons which have been fried in butter with crushed garlic. Sprinkle them over the top of the dish; also the bacon crumbles and little cooked white onions. Serves 6.

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This little restaurant is one of our favorites in Paris. Many others must feel the same way, since it is always filled. M. Gaugain is a genius with chicken dishes and his Ris de Veau Château Chalon. Mme. Gaugain's charm makes this one of the friendliest places to lunch or dine in the city.

Stewed Eel with Vegetables

2 pounds eel fillets
4 tbsps. butter
3/4 cup dry white wine
salt and pepper
1 cup celery, sliced and hearts
3/4 cup tomato purée
1/2 cup onions, finely diced
6 cups fish stock (p. 89)
parsley, minced

Brown the eel lightly in butter over very low heat, then add the wine. Cover and steam very slowly for 12 minutes, until tender. Cook the vegetables with the tomato purée 5 minutes, then add them to the strained fish stock and simmer for 6 to 8 minutes until they are tender. Put the eel and juices into a warmed tureen and pour the boiling vegetables and soup over it. Add the parsley. Serves 6.

Fish Fumet or Stock # 1

2 pounds fish trimmings:
heads, bones, seafood shells
salt and freshly ground pepper
bouquet garni: 1 tsp. thyme, 3 sprigs parsley, 1 bay leaf
1 carrot, sliced
2 whole cloves
1/2 cup onions, chopped
2 shallots, minced
2 stalks of celery, sliced
1 cup dry white wine
1 pint clam juice
water

Put all the ingredients in a good-sized fish kettle and add water. The amount of water depends on whether the stock is to be used to poach boned fillets in the stock being used to make a sauce, or whether it is for soup. For soup, allow 1 cup liquid (including clam juice and wine) for each person to be served, and add 2 extra cups "for the pot," as evaporation and sieving reduce the quantity of liquid. For example, if six are to be served, 8 cups of liquid are used, the clam juice, wine and 5 cups of water. Cover and simmer gently 25 minutes. Strain through a sieve and the stock is ready for use. The ingredients for the fish stock are given in some of the recipes, but the above is a good, basic recipe.

Fish Fumet or Stock # 2

1 large onion, sliced
3 tbsps. butter
2 tbsps. oil
1 clove garlic, crushed
1 tsp. salt
freshly ground pepper
sliced mushroom stems
6 cups water
1 cup dry white wine
1 pint clam juice
1 tsp. thyme
3 sprigs parsley
1 tsp. marjoram
dash cayenne
3 pounds fishbones,
heads, and trimmings
seafood shells if available

Soften the onion in the butter and oil until it begins to color over low heat. Add the rest of the ingredients and simmer gently for 35 to 40 minutes. Strain through a sieve.

Fish and Vegetable Soup

4 tbsps. butter
4 tbsps. oil
1/2 cup onions, chopped
4 shallots, minced
2 cloves garlic, crushed
1/2 cup carrots, chopped
2 skinned, seeded tomatoes
2 leeks, sliced
2 1/2 pounds fish fillets: bass, cod, sole, perch
1 tsp. thyme
1/4 cup parsley, minced
salt and pepper
pinch saffron
2 quarts boiling water

Accompaniment

aiolli sauce (p. 96)
rounds of toast

Put the butter and oil in the bottom of the fish kettle and sauté all the vegetables over low heat for 5 minutes. Lay the fillets on the vegetables with the seasonings and pour the boiling water over them. Cover and simmer gently 45 minutes. Purée the contents of the kettle. Check the seasoning. If too thick add a little boiling water. Reheat to serve and pass the aiolli sauce to add to the soup or to spread on toast. Serves 8.

Hungarian Fish Soup

1/3 cup oil and butter, mixed
1 cup onions, chopped
2 tbsps. sweet paprika
salt and pepper
2 pounds fish fillets
6 cups fish stock (p. 89)
1/2 cup sour cream

Put the oil and butter in a fish cooker and sauté the onions until they begin to color, then stir in the paprika. Add salt and pepper. Remove half of the onions. Put the fish on the rack, cover with onions and pour the hot stock over the fillets. Simmer gently 20 minutes. Drain the fish and put it in a warmed tureen. Purée the contents of the kettle, add the sour cream, reheat, and pour over the fish. Any fresh or salt water fish may be used—any the market affords. Serves 6.

Indo-Chinese Fish Soup

Fish Stock

fish trimmings and shrimp shells
2 quarts water
salt and pepper
1 onion, sliced
1 tbsp. ginger root, minced
pinch saffron or 1 tsp. turmeric
1/4 cup vermicelli
2 pounds fish fillets:
whitefish, sole, bass or perch, or mixed
1/2 cup green onions, sliced
12 sticks fresh pineapple
3 tbsps. butter
2 tbsps. oil
12 or 18 shrimp

Make the fish stock with all the ingredients and simmer 25 minutes. Strain; you should have 6 cups. Put the stock in the fish cooker and add the saffron or turmeric and vermicelli. Bring to the boil. Put the fish fillets on the rack; lower them into the stock and scatter the green onions over them. Cover and simmer very gently 10 minutes, then add the shelled raw shrimp and simmer 2 or 3 minutes longer. Prepare the pineapple, only fresh will do, the canned is too sweet. Sauté pineapple until golden in the butter and oil. When the fish is done, drain it from the cooker and carefully put a slice or more in each of six hot wide soup plates, put 2 sticks of pineapple in each and 2 or 3 shrimp. Ladle the hot soup over the fish and garnishes.

Italian Shellfish Soup

4 cups fish stock
2 quarts mussels
4 tbsps. olive oil
2 tbsps. butter
1 onion, chopped fine
2 cloves garlic, crushed
1 leek, sliced fine
salt and pepper
2 cups dry white wine
1 pound shrimp
1/3 cup tomato purée
1/2 tsp. thyme
1/2 tsp. marjoram

Make the fish stock with trimmings the fish man will give you: heads, bones, and shrimp shells. Use wine, clam juice and water to make 6 cups, you will need 4 cups after it is cooked and strained. Soak the mussels an hour in cold water and then scrub them with a rough kitchen brush to remove moss and grit. Rinse them well. Put the olive oil, butter, onion, garlic and leek in a large kettle and cook one minute or until they begin to color. Add salt and pepper and the warmed wine. Put the mussels in the pot, cover, and cook until they open, 2 or 3 minutes. Shell them over the liquid to save all their juices; discard shells. Put the mussels aside. Cook the shelled shrimp in this liquid 1 1/2 minutes. Scoop out the shrimp and put them with the mussels. Add the tomato purée and the berbs to the cooking liquid. Add the strained fish stock and check the seasoning. When ready to serve, reheat the soup and pour it over the mussels and shrimp. Reheat if necessary, but the mussels and shrimp should not cook any more. If desired, the soup may be thickened with 1 or 2 tablespoons of cornstarch before the fish is put in the soup. This will give it more thickness.

Variation: Scald 1 cup of heavy cream, mix it with 2 egg yolks and add it to the soup before the mussels and shrimp are added. Serves 6 or 8.

La Bisque de Homard
M. Paul Genin
Chez Pauline, Paris

2 1/2 pounds lobster (2 lobsters)

Mirepoix

1/2 cup carrots, diced
1 cup onions, diced
6 tbsps. butter
salt and pepper
1/3 cup cognac
1 cup white wine
2 quarts fish stock or fond blanc (p. 89)
2 tbsps. tomato paste
5 skinned, fresh tomatoes, sliced
bouquet garni: thyme, parsley, chervil
1/3 cup rice
1/4 cup butter
1/3 cup heavy cream
freshly ground pepper
1/4 tsp. cayenne

Cut the lobsters in half and remove the coral and liver; cream together and mash through a sieve. Set aside. Put the mirepoix and butter in a large, deep frying pan and when it is hot, stir in the lobster pieces, season and mix well. Cover and cook until the lobster is bright red. Flame with the cognac and then add the wine and reduce it a little. Add the strained hot fish stock or chicken or veal broth *(fond blanc)*, tomato paste, and sliced and crushed tomatoes. (The tomatoes must be home-grown and not hothouse.) Add the bouquet barni, cover and cook gently 20 minutes. Then remove the lobster and reserve all the meat. Pound the shells and return them to the soup. Add the rice, cover and cook very gently 30 minutes. Pass the mixture through a sieve, pressing the sides of the sieve to get as much as possible through it. Whisk in the creamed coral and liver mixture, the butter and heavy cream. Reheat and season with pepper and cayenne. Cut the lobster in good-sized slices and add it to the soup. M. Genin suggests a dry champagne to accompany this bisque. Serves 6.

M. Genin is a member of the Académie Culinaire de France. *He and Mme. Genin are from Nancy. His cooking is Lyonnaise and Burgundian and with that blend of background he produces a rich and heady mixture that pleases droves of people. The restaurant is at 5, rue Villedo, in back of the Comédie Française.*

La Bourride #1

Vieux-Port New York

Quai des Belges, 7, Marseilles

Court Bouillon

1 onion, sliced
1 carrot, sliced
1 fennel bulb, sliced
2 bay leaves
1 tbsp. parsley, minced
salt and peppercorns
6 cups water
2 egg yolks
1/2 clove garlic, crushed
half the aiolli sauce
1/4 cup crème fraiche (p. 326)
bread rubbed with garlic, fried in butter

Aiolli Sauce

6 cloves garlic, crushed
4 egg yolks
3 tbsps. wine vinegar
salt and pepper
2 1/2 cups peanut oil
2 tbsps. boiling water

The Fish

sea bass or sea perch (loup)
4 slices halibut
whiting
1 baby lobster (langouste) quartered

Make the court bouillon by simmering the ingredients in the bottom of the fish kettle.

Aiolli Sauce: Meanwhile make the aiolli sauce. Have ingredients at room temperature. Mash the crushed garlic to a paste and then add the egg yolks and blend them with the garlic until smooth. Add the vinegar, salt, and pepper. Whisk in the peanut oil as if you were making mayonnaise: 1 drop at a time and when it begins to thicken, 1/2 teaspoon, then by teaspoonsful, until it is safe to add it a little faster. Add the boiling water to make it smooth.

To Cook the Fish: Clean the fish and leave whole. Place in the court bouillon, cover and cook gently 15 minutes. The *langouste* called for is rock lobster, not found in our waters. Put the quartered lobster in a sauté pan with 1/4 cup of oil and cook it over low heat until it turns red. Cover and cook very slowly 12 to 15 minutes or until the meat is tender.

To Make the Soup: Reduce 1/2 cup of cream to 1/4 cup by boiling it 15 minutes. In an enamel pot put 2 egg yolks and the crushed garlic, half the aiolli sauce and the reduced cream. Whisk all together until smooth. Add the court

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bouillon slowly, whisking it continuously. Reheat without letting it boil, then put it through a sieve. This is reheated without boiling and served in 4 wide hot soup plates and the fish is served with the lobster on a hot platter. Pass the rest of the aiolli sauce in a bowl, and the toast rubbed with garlic. The sauce is spread on the toast and some may be stirred in the soup, if you like. Serves 4.

We went in quest of another 'authentic' bouillabaisse but were we lucky! Our host persuaded us to take his specialty, this bourride *instead. Its delicacy and flavor is not to be described. If you find yourself in Marseilles, hurry to 7, Quai des Belges. Francis and Pierre Venturini are the hosts of this beautiful restaurant. There are many fish and meat specialties grilled over wood. The* bourride *is a complete meal.*

La Bourride #2
Petit Navire, Paris

Sometimes called Bouillabaisse Blanche, *this soup from Provence calls for rockfish and our nearest equivalents are red or black rockfish, striped bass, log perch and some of the groupers; white fish living on the rocky bottoms. Marcel Gilot, now retired, gave me this fine recipe some years ago. People came from all over Paris for this soup.*

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5 pounds of assorted fish, filleted (save the trimmings)

Fish Stock

fish trimmings
1 large onion, chopped
1 tomato, skinned and seeded
1/2 cup olive oil
2 tbsps. parsley, minced
2 bay leaves
2 tsps. savory
1 tsp. powdered fennel
1 tsp. oregano
2 cloves garlic, crushed
salt and pepper
good pinch saffron

Rouille

1 skinned, crushed tomato or 1 tbsp. tomato paste
4 to 5 cloves garlic, crushed
2 red pimentos, mashed
3 tbsps. olive oil
1/2 cup fish broth
dash cayenne

Accompaniment

10 slices dry French bread rubbed with garlic

Have the fish skinned and filleted and save all the bones, heads, and trimmings. Put the vegetables and olive oil in the fish kettle and cook 2 or 3 minutes, then add the fish trimmings and all the seasonings including the salt and pepper. Add 2 1/2 quarts of boiling water, cover, and simmer gently 25 minutes. This may be made in advance and allowed to stand and ripen. When ready to prepare the *bourride,* strain the broth and add saffron. Put in the fish fillets and cook gently for 10 minutes.

Rouille: Mix the ingredients together and serve in a bowl.

Put a slice of garlic bread in each of 10 wide soup plates, top with a fillet of fish and ladle the soup over it. Add a spoonful of rouille. The soup and fillets may be served at table from a tureen.

Matelote à la Bourguignonne

Sauce

1 bottle red burgundy
1/3 cup onions, finely diced
2 whole cloves
1/2 tsp. thyme
1/4 cup carrots, grated
2 tbsps. shallots, minced
bouquet garni: parsley, bay-leaf, chervil
1 tbsp. brown sugar
1/4 cup bread crumbs
2 cloves garlic, crushed
1/2 tsp. meat extract
salt and pepper
3 pounds fish fillets: trout, pike, perch
1 jigger cognac
4 ounces fresh mushrooms
2 tbsps. lemon juice
3 tbsps. butter
Buerre manie: 2 tbsps. each butter and flour
6 canapès of French bread fried in butter

Garnish

parsley, chopped

Put all the ingredients for the sauce in the fish cooker, cover and simmer gently 30 minutes. Strain the sauce and put it back in the cooker. Put the fish on the rack and blaze them with cognac. Lower the fish into the sauce, cover and cook gently 12 or 15 minutes or until the fish begins to flake. Clean the mushrooms and sprinkle with the lemon juice. Sauté them 5 minutes in the butter. Fry the bread until golden. Mushrooms and bread must be ready when the fish is done. Drain the fish and keep it warm. Thicken the sauce with balls of mixed beurre manié by adding them to the simmering sauce. Put the mushrooms in the sauce. Put the bread in the bottom of wide hot soup plates and a slice of fish on each. Divide the sauce over the fish and sprinkle with chopped parsley. Serves 6.

Two pounds of sliced fresh salmon may be cooked the same way. White burgundy may be used instead of red. Serve the same wine you cook with.

Mouclade
Restaurant Oliver, Langon

Langon is a drive through the Sauterne district, southeast of Bordeaux. Chef Marcel Berthe's perfumed mussel soup was a specialty of this lovely provincial hotel.

The man who drove us to Langon was an old friend of the patronne, Mme. Cécile Oliver; she gave him and many others shelter during the Resistance. She presented me with Les Grands Vins de Bordeaux *on which she inscribed* "à Madame Stella Standard avec toute ma sympathie, C. Oliver, la mère de Raymond."

48 mussels
3 tbsps. butter
1 white onion, chopped
1 large clove garlic, crushed
1 pint fish stock or clam juice
1 cup dry vermouth
2 tsps. curry powder
3 tbsps. cornstarch
salt and freshly ground pepper
1 cup heavy cream

Soak the mussels in cold water for an hour, then scrub them with a stiff brush to remove moss and grit. Put the butter in a heavy pot, add the onion and cook a moment, then add the garlic, stock or clam juice, and vermouth. Put the mussels on top, cover and cook 2 to 3 minutes until they open. Remove the top shells over the kettle to save all their juice. Put the mussels on the half shell in another pot. (This may be done a little ahead of cooking time.) Mix the curry and cornstarch, a little salt and pepper with the cream, a little at a time until smooth. Add this to the soup and cook until it thickens. Pour the soup over the mussels, reheat without boiling and serve in wide, hot soup plates. This should not taste strongly of curry, but be just 'perfumed.' Serves 6.

Moules Normande

48 mussels
3 cups clam juice
1/4 cup carrots, shredded
1/2 cup white onions, finely minced
1 tsp. thyme
salt and freshly ground pepper
1/2 cup calvados (applejack)
1/4 cup sweet butter
1 tbsps. cornstarch
1 1/2 cups heavy cream

Soak the mussels an hour in cold water then scrub them with a stiff brush to remove all moss and grit. Put 1 cup of the clam juice, carrots, onions, and thyme in kettle, then add the mussels. Cover and cook 2 minutes or until the mussels open. Shell them over the kettle to retain all their juices. Put them on the half-shell in another pot. Add to their juices, the rest of the clam juice (2 cups), salt, pepper, calvados, and butter. Cover and simmer gently 3 minutes. Blend the cornstarch with the cream, add it and cook until mixture thickens. Place the mussels in wide hot soup plates and pour the boiling soup over them. Serves 6.

Mussel and Clam Soup

2 tbsps. butter
1 white onion, minced
1/4 cup carrots, grated
3 cloves garlic, crushed
4 shallots, minced
1/2 tsp. thyme
1 pint clam juice
1 cup dry vermouth or 3/4 cup and 1/4 cup Calvados (applejack)
1 cup heavy cream
3 tbsps. cornstarch
salt and pepper
2 tsps. curry powder
1 can minced clams, if needed
1 9-ounce can Danish Bonavita Limfjord mussels

This soup is for those who can't obtain fresh mussels or can't cope with them. Put the butter in a big saucepan, add the onions and carrots and simmer about 30 seconds. Now add the juice from the mussels, garlic, shallots, thyme, clam juice, vermouth, applejack, if used, cover and boil 5 minutes. Let the mixture stand in enamel or earthenware bowl until the soup is finished. Blend the cornstarch with some salt and freshly ground pepper, the curry powder, and the cream. When ready to serve, heat the broth and stir in the cream mixture. Cook until it thickens; add the mussels and serve. This recipe serves 6. If 8 are to be served, add the minced clams.

Potage de Moules

3 quarts mussels
1 onion, minced
1/2 cup celery, finely chopped
1 cup clam juice
1 cup dry white wine
3/4 cup dry white wine mixed with 2 tbsps. rice or corn-starch
4 cups fish stock
salt, pepper
1/4 tsp. nutmeg
1 cup heavy cream

Soak the mussels an hour in cold water, then scrub them thoroughly with a stiff vegetable brush. Put the onion, celery, clam juice and 1 cup of wine in a large kettle and then put the mussels on top. Cover and cook 3 minutes or until mussels open. Shell the mussels over the kettle to save all their juices and set the mussels aside. Mix the wine with the starch and add it and the fish stock to the kettle with the seasonings. Simmer 5 minutes, then add the hot cream. When the soup is hot, add the mussels and serve. Serves 8.

Soupe de Moules
Troisqros, Roanne

Fish Stock

fish trimmings
2 eel steaks
1 pound rockfish
1 onion, minced
1 tsp. thyme
1 carrot, sliced
salt and pepper
10 cups water

Mirepoix

6 ounces carrots, grated
2 large onions, chopped

Ask the fish man for trimmings: heads, skins of soles, and bones. The eel is cut in 3-inch lengths. If rockfish is not available, get fresh cod. Put the ingredients for fumet in a big pot, cover and simmer 30 minutes. Strain the broth and reserve it; you should have 2 quarts. Meanwhile cook the ingredients of the mirepoix in the olive oil over low heat, and stir it for 5 minutes. Add the strained fish stock and simmer it gently 40 minutes, covered. Soak the mussels 1 hour in cold water, then scrub with a stiff brush to remove all

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2 cloves garlic, crushed
5 tomatoes, skinned and sliced
1 tbsp. saffron
3 white parts of leeks, sliced
1/3 cup olive oil
4 quarts mussels

1 cup dry white wine
3 shallots, minced
1 cup heavy cream
pinch thyme
salt and pepper

moss and grit. Put the wine and shallots in the bottom of a large soup kettle, then add the mussels. Cover and cook 2 1/2 to 3 minutes until the mussels open; shake the pot several times. Shell the mussels over the pot so all the liquid may be saved. Put the mussels back in the cooking liquid and discard the shells. When ready to serve, divide the mussels in 8 hot soup plates and put their cooking liquid into the soup.

Boil the soup with the cream and thyme. Check the seasoning and pour the boiling soup over the mussels. This last procedure prevents the mussels from being overcooked.

A visit to the brothers Troisgros and their charming father, makes a trip to Roanne a rich experience. Jean and Pierre produce some of the greatest meals in France. Their father was a restaurateur and they took their turn under Fernand Point at Vienne, so that they have always lived with great food and its preparation. Roanne is a short drive up the Loire from Lyons.

Oriental Fish Soup

2 pounds firm fish fillets
1 quart water
2 tsps. chicken soup concentrate
salt and pepper
4 rings pineapple (fresh only) cut in segments
2 tbsps. fresh onion juice
1 large ripe tomato, skinned, seeded and crushed, or 1/3 cup tomato purée
1 tsp. basil
1 tsp. coriander
dash of cayenne

Pilaf

1 1/2 cups Indian or patna rice
3 cups chicken broth
1/3 cup green onions, sliced
1 clove garlic, crushed
1/2 tsp. cinnamon
1/2 tsp. mace
1 tsp. cumin
1 tsp. turmeric
1 tsp. cardamom
1 tsp. coriander
salt and pepper

Wipe the fish dry. Put all the ingredients in a kettle except the fish and simmer, covered, 5 minutes, then add the fish and cook 15 minutes or until the fish is done. Serve the fish and soup from a tureen, ladling it over the rice, which is served in each wide soup plate. Make the pilaf by washing the rice and cooking it with all the ingredients in a heavy pot, tightly covered, over a very low flame for 25 minutes. Serves 6.

La Soupe aux Huîtres

Raymond Oliver
Le Grand Véfour, Paris

34 oysters
1/4 cup dry white wine
1 cup thick Soubise Sauce (p. 323)
anglaise: 1 beaten egg with 3 tbsps. water
flour
fine fresh bread crumbs
deep oil for frying
1 8-inch crab
2 shallots, minced
1 clove garlic, sliced
2 or 3 tbsps. butter
1 glass dry white wine
2 tsps. fresh tarragon, minced
2/3 cup crème fraiche (p. 326)
2 egg yolks
4 tsps. brandy

Open the oysters and save all their liquor. Shell them and put them in a porcelain or glass casserole (never cook oysters in metal). Add the oyster liquor and the wine. Heat without boiling and then let them cool. Drain the oysters well and dry them on a linen cloth. Strain their cooking liquid through a sieve lined with a damp cloth to remove any grit. String 6 oysters on each of 4 small wooden skewers. Roll them in thick Soubise Sauce; roll lightly in flour, then in anglaise, and finally in crumbs. Reserve until the soup is ready; they must be served very hot at the same time.

Wash the crab and remove the intestine under the eyes. Chop the crab 5 times across with a cleaver. Cook the shallots and garlic in the butter until they begin to color, then add the crab. Stir with a wooden spoon until the crab browns. Season it with salt and pepper. Add the cooking liquid of the oysters, the wine and tarragon. If there isn't enough liquid to make 4 big cups, add a little fish fumet or clam juice. Mix well, pressing and mashing the crab to extract all its juices. Simmer gently 20 minutes. Pass the contents through a sieve, mashing and squeezing it against the sieve. Return the soup to the casserole. Mix the cream and egg yolks. Reheat the soup and mix the

(continued)

brandy with the cream-egg mixture. Whisk it into the hot soup but do not boil again. At the same time, fry the brochettes of oysters until they are golden, in 375° oil. Check the seasoning of the soup and serve it in 4 large warmed cups and at the same time, the oysters, on 4 small hot plates.

Raymond Oliver presides over a fine restaurant which the Wine and Food Society rates among the dozen best restaurants in the world.

The Grand Véfour has one of the most beautiful settings anywhere, situated at the far end of the Palais Royal, coming from the Place Colette and the Comedie Francaise. This garden is rich in history; Louis XIV bathed in its fountain, as a child. The Palais Royal was the scene of all sorts of revolutionary events throughout the history of Paris, and history is still being made, as its buildings are now occupied by various government offices.

M. Oliver is a man of wide culture and scholarship. He is the author of many books and his personal library contains over 6,000 cookery volumes and manuscripts. His La Cuisine *(Tudor) is a monumental work, one of the few written in France and translated into an English simple and explicit enough for the American cook. Everyone interested in wine, food and beauty should lunch or dine at Le Grand Véfour; it is part of the Paris experience.*

Oyster Consommé

3 dozen oysters
oyster liquor
big lump of butter
6 cups well-seasoned chicken consommé
1/2 cup dry white wine, warmed (Pouilly or Sancerre)
4 egg yolks, beaten
parsley, chopped

Warm the oysters and their strained liquor in the top of the double boiler with the butter without cooking them. When ready to serve, boil up the consommé and pour it over the oysters. Use a good wine; this is essential. Beat the warmed wine into the egg yolks and put them in a warmed tureen. Pour the hot soup over them. Sprinkle the top with parsley. Serves 6.

Oyster Creole Gumbo

1 4-pound broiler, disjointed
1 3/4-inch slice of ham, cubed
3 tbsps. butter
3 tbsps. flour
2 quarts chicken stock
2 cups onions, chopped
1 large green pepper, sliced
4 tbsps. butter
2 cloves garlic, crushed
1 cup celery, sliced and leaves
1 small can tomatoes
1 tsp. curry powder
salt and freshly ground pepper
1/8 tsp. cayenne
2 tsps. thyme
2 tsps. basil
1 pound fresh shrimp
1 pound okra
2 dozen oysters
1 tbsp. gumbo filé

Put the chicken and the cubed ham into a large kettle. Brown the butter and flour in a saucepan, add some of the chicken stock and pour it over the chicken. Add the rest of the stock. Sauté the onions and pepper in the butter 5 minutes over a low fire, and add to the kettle. Add the finely sliced celery and leaves, the tomatoes, and all the seasonings except filé. Cover and simmer very gently 1 hour. Meanwhile wash the shrimp and boil them in 1 cup water for 2 minutes. Peel them and set them aside. Put the shells back in the broth the shrimp cooked in, cover and boil 10 minutes and strain the liquid into the kettle. Cut the ends from the okra, boil it and drain it. When the chicken is done, remove the pieces, take the meat from the bones and return the meat to the kettle. Add the okra. This may stand a couple of hours to ripen. When ready to serve, bring to boil, then add the shrimp, oysters and gumbo filé, stir it and serve immediately. Do not cook after the filé is added; it is crushed, dried sassafras and is a thickening agent. Serves 10 or 12.

Oyster Purée Soup

24 oysters
1 cup dry white wine
1 cup light cream
1 tbsp. flour
salt and pepper
1/4 tsp. nutmeg
1 cup watercress or sorrel, finely chopped
2 tbsps. butter
3 or 4 cups chicken broth

Put the oysters and their liquor in the top of the double boiler with the wine and cook 5 minutes over simmering water. Reserve 12 oysters to garnish 6 soup plates. Blend the cream with the flour until smooth and cook until it thickens. Purée the rest of the oysters with their liquor in the blender and add the cream sauce, salt, pepper, and nutmeg. Rinse out the blender with some of the chicken broth. Soften the stemmed, finely chopped watercress or sorrel in the butter. Thin the oyster purée with chicken broth to the consistency of cream. Add the watercress (or sorrel). Put the reserved oysters in hot soup plates, reheat the soup and divide it over them. Serves 6.

Oyster Stew #1

Fish stock

4 ounces fresh cod fish
fish heads, bones, trimmings
1 cup onions, chopped
1 cup celery, chopped
1/2 cup carrrots, shredded
salt and pepper
1 tsp. thyme
1/2 tsp. mace or nutmeg
1 cup dry white wine or dry vermouth
2 1/2 cups water or clam juice
chicken broth

1 tbsp. cornstarch
1 1/4 cups heavy cream
paprika
30 shelled oysters with their liquor

Make the stock with the cod, and all the other ingredients. Cover and simmer it over a gentle flame 30 minutes, then strain through a sieve. Measure it and add enough chicken broth to make 6 cups of liquid. This rich broth makes a great stew. Blend the cornstarch with the cream and cook until it thickens, then add it to the fish-chicken broth. When ready to serve, heat the oysters and their liquor in the top of the double boiler over hot water but do not cook them. Bring the fish broth to the boil and season with salt and pepper if necessary. Divide the oysters and liquor in hot soup plates and pour the hot soup over them. Sprinkle the tops of the plates with paprika. Serve with pilot crackers. Serves 6.

Oyster Stew #2

6 cups fish stock made with 1 pint clam juice
24 or 36 oysters
1 cup good dry white wine
salt and pepper
dash cayenne
2 tbsps. butter
1/2 cup heavy cream, scalded
3 egg yolks
parsley, chopped

Make the fish stock first. Strain it. Put the oysters and their strained liquor in the top of the double boiler with the wine, seasonings, and butter. Combine the cream and egg yolks. When ready to serve, heat the oysters over boiling water without cooking them. Heat the stock to boiling and pour it over the oysters. Put the cream mixture in a hot tureen and ladle the hot soup over it. Sprinkle parsley in each bowl. Serves 6.

Southern Oyster Soup with Okra

1/4 cup bacon fat
1/2 cup onions, diced
2 ripe tomatoes, skinned and sliced
2 cups water
4 cups chicken broth
1/2 pound small okra, scalded and rinsed
2 tbsps. cornstarch
24 oysters and their liquor
parsley, chopped

Sauté the bacon fat and onion until it colors, then add the tomatoes and cook 2 minutes. Add the hot water and broth and cook 15 minutes. Cut the ends from the okra, add a pinch of soda, scald, and rinse. Add the okra to the soup and cook another 5 minutes. Blend the cornstarch with a little of the soup, then mix it into the rest of the soup. Bring to boil. Heat the oysters in their liquor in the top of the double boiler. Put 4 of them in each of 6 warmed soup plates, add their liquor to the soup, and ladle it over the oysters.

Portugese Fish Soup

2 pounds fish filleted:
eel, raie, whitefish
1 pound shrimp
1 quart mussels
1/2 cup tomato purée
1/4 cup olive oil
1 cup white port

Fish Stock

shrimp shells
fish trimmings
1 1/2 cups white port
juice 2 lemons and rind, grated
1/2 cup onions, minced
1 clove garlic, crushed
2 bay leaves
1 tsp. coriander
salt and pepper
1 carrot, sliced
6 cups water

Accompaniment

rouille (p. 73)
small round of toast

Make the stock with the trimmings of the fish, heads, bones etc. Shell the shrimp and add the shells to the stock with all the ingredients. Cover and simmer 30 minutes and strain. Add the tomato purée and olive oil to the stock. Scrub the mussels and steam them in a kettle with the port. They will open in 2 or 3 minutes. Shell them over the kettle to save their juice and set them aside. Strain the juice to remove grit; put juice into the stock. Put the stock in a fish cooker and the fillets on a rack and lower it into the stock. Cover and simmer about 12 minutes or until the fish is done. Two minutes before it is done add the shrimp. Remove the fish and shrimp. Boil up the stock, put it in a tureen and add the fish, shrimp, and mussels. Serve with toast and a rouille. Serves 6.

Red Snapper and/or Sea Bass Chowder

2 1/2 pounds fish, filleted

Fish Stock

fish trimmings
3 cups water or clam juice
1 cup dry white wine or dry vermouth
1 onion, thinly sliced
1 carrot, thinly sliced
1 stalk celery, sliced
1 tsp. thyme
1 leek, sliced
salt and pepper
1 clove garlic, crushed

2 slices salt pork, diced
2 cups onions, diced
2 cups potatoes, diced
salt and pepper
1/2 cup cracker crumbs
1 cup heavy cream
2 egg yolks

Have the fish filleted, saving the heads, bones, and trimmings for the broth. Put the trimmings in a kettle with all the other ingredients for the broth, cover, and cook gently for 25 minutes, then strain it through a sieve. This may be cooked in a porcelain-lined casserole that is brought to the table. Put the cubes of salt pork in the bottom of the casserole and fry them out a little. Then lay in alternate layers the fish fillets, onions, potatoes, salt, pepper and cracker crumbs. Pour the strained fish broth over it, cover and simmer very gently for 40 minutes. A slow simmer will help prevent the fillets from breaking. When the dish is done, scald the cream, whisk it into the egg yolks and pour it over the fish. Lift pieces of fish and soup into 4 to 6 wide soup plates. This would serve 8 as a first course.

Red Snapper Soup with Sorrel

Fish Stock

fish trimmings
1/2 cup onions, chopped
1/2 cup celery, chopped
1/2 cup carrots, chopped
1 leek, sliced
1 cup dry white wine
1 small bottle clam juice
salt and pepper
juice 1/2 lemon
1 tsp. thyme
5 cups water

2 1/2 pounds of red snapper, filleted
1 cup sorrel or watercress, chopped
1/4 cup butter
1/4 cup fine bread crumbs
2 egg yolks

Garnish

bowl of croutons fried in butter

Make the stock by simmering all the ingredients 25 minutes, covered. Strain it. Put the finely chopped greens in a saucepan with the butter and soften it, 2 or 3 minutes. Add it to the strained stock and the bread crumbs. Put the stock in the bottom of the fish cooker, and the fish on the rack. Lower the fish into the stock and simmer about 12 minutes or until the fish is done. Drain fish and put it on a hot platter and serve it separately but at the same time as the broth. Blend a little of the stock with the yolks, then whisk the yolk mixture into the stock. Reheat without boiling. Pass crisp fried croutons. Serves 6.

Thomas Tew's Newport Fish Chowder

This old recipe had long been a secret until a friend gave it to me a number of years ago. It calls for blackfish but sea bass may be used; or even a trout or pike.

3 or 4 pounds blackfish (tautog)
2 quarts water
1/4 pound salt pork, diced
4 cups onions, diced
1 quart canned tomatoes
4 cups potatoes, diced
1/4 tsp. sage
1 tsp. thyme
1 tsp. basil
1/2 tsp. cloves
2 dashes cayenne
1/4 tsp. black pepper
1 tsp. sugar
salt to taste
1 lemon, sliced
1 cup claret or burgundy
1 tbsp. butter

Clean and scale the fish, leaving the head on. Put the fish in a kettle with 2 quarts of water and simmer gently until it is tender. Let the fish cool, then flake it, discarding skin, bones, and head. Reserve the water and set the fish aside. Fry the salt pork until it is golden, then scoop out the pieces and put them in the soup kettle. Fry the onions in the fat until they soften, then put them in the kettle. Rinse the skillet with a little fish water and add this too. Add the tomato, potatoes, and all the seasonings. Boil the soup until the potatoes are tender. Remove the ends of the lemon, slice it and boil it with a little water until tender and add it to the soup. Put the fish back into the soup and add as much water as needed to serve 8. Set the kettle on the back of the stove to ripen several hours. When ready to serve, heat the soup, then add the wine and butter but do not let it boil again. Serve with pilot crackers.

Turtle Consommé with Madeira

1 quart can turtle consommé
1 can turtle meat
1/3 cup madeira
parsley, chopped

Put the consommé and turtle meat in a saucepan and heat before serving. Add the wine and ladle into soup plates. Sprinkle parsley over the top of each plate of soup. Turtle meat and the wine may also be added to a rich, clear beef consommé. Cheese straws are the usual accompaniment. Serves 6. This is an elegant soup for entertaining.

Shellfish Stew

1 pound shrimp
1 quart mussels
2 dozen clams, opened
1 cup leeks, minced
1 cup potatoes, diced
1/2 cup onions, chopped
1/3 cup butter
2 tbsps. oil
salt and pepper
1 cup boiling water
1 cup heavy cream, scalded
3 egg yolks

Fish stock

fish trimmings
shrimp shells
1 onion, sliced
1 carrot, sliced
1 pint clam juice
1 cup dry white wine
2 cloves garlic, crushed
8 cups water
1 tsp. savory
1 tsp. thyme
1 tsp. basil
salt and pepper

Put 1 tablespoon butter and 2 tablespoons water in the top of the double boiler and add the shelled shrimp. Cook over simmering water 1 minute. Put the shells in the stock kettle. Add fish trimmings and all the other stock ingredients. Cover and cook gently 30 minutes. Scrub the mussels well and put them in a kettle with 1/2 cup of water, cover, and steam until they open. Shell them over the kettle to save their juices. Put them with the shrimp. The fish man has opened the clams for you. Put them and their juice with the shrimp and mussels. Strain the liquid the mussels cooked in into the strained fish stock. Sauté the very finely sliced leeks, potatoes and onions in the butter and oil until they begin to soften. Add the boiling water and cook until tender. Add them and their liquid to the shell fish. When ready to serve, reheat the shellfish 2 or 3 minutes over simmering water. Boil the fish stock and whisk in the scalded cream that has been mixed with the egg yolks. Distribute the shellfish in hot wide plates and add the soup. Serves 8.

Soupe au Poisson à la Rouille
Capucin Gourmand, Nancy

At first glance this may look like just another bouillabaisse but it is quite different—it is one of those smooth rich soups one finds only in France. This is made with fish from the rivers.

M. Georges Romain, proprietor-chef of this fine restaurant says, "We are distant from the Mediterranean and we wish to eat a fish soup. We must be content with the fish we find in our rivers and it will not be less good." A thing to remember when we haven't the specified fish in a recipe; we make the soup with what we have.

Fish Stock

4 pounds fish: pike, bass, sole, perch, etc.
2 1/2 quarts water
1 tbsp. tomato paste
2 tsps. salt
green part 2 leeks, minced
white part 2 leeks, minced
1 tsp. basil
1 clove garlic, crushed
1 onion, minced
3/4 cup olive oil
1 onion, minced very fine
5 cloves garlic, crushed
1 pinch saffron
3/4 pound tomatoes, skinned, coarsely chopped
1 pound mussels
3 ounces cooked macaroni

Rouille

3 cloves garlic, crushed
2 egg yolks
1 1/4 cups olive oil
2 canned red pimentos, mashed
1/4 cup boiling fish soup

Garnish

buttered grilled croutons

Wash the fish, clean it, and cut it in pieces. Put it in a kettle with all the ingredients for the fish stock, cover, and cook gently for 1 hour. Meanwhile, in another kettle, cook the olive oil, leeks, and onion until soft and colorless. When the fish stock is cooked, strain it through a sieve into the kettle with the vegetables and add the garlic, saffron and tomatoes. Let this simmer 1 hour. At the last moment add the scrubbed mussels and the cooked and drained macaroni. There must not be much macaroni. (I have used 2 ounces of tiny egg noodle shells which I like better.)

Rouille: While soup is cooking, crush the garlic to a paste, mix in egg yolks and add the oil, drop by drop so that it becomes thick like mayonnaise. Add the mashed pimentos and the hot soup. Pour the boiling soup into hot soup plates and stir in a big spoon of rouille into each plate. Serve the croutons in a bowl separately. Serves 8.

Soupe de Poissons du Maître

Chope d'Orsay

10, rue du Bac, Paris VII

3 pounds fish: perch, sole, halibut, eel, bass, fresh cod
1 cup onions, chopped
2 carrots, diced
1 bulb fennel, diced
1 cup celery, chopped
2 cloves garlic, crushed
2 leeks, sliced
1/3 cup olive oil
big pinch saffron
1 cup tomato purée
dash cayenne
salt and pepper
2 tsps. thyme
3 bay leaves
1 cup white wine
2 tbsps. tomato paste
2 quarts water

Accompaniments

rouille
toast
bowl of grated gruyère cheese

Clean the fish and cut in 2 1/2-inch pieces. Do not fillet but cook with bones and heads, except the big fish; these are sliced. Stir the vegetables in the olive oil over low heat 3 minutes, then stir in the pieces of fish. Add the condiments, purée, seasonings, herbs, wine, tomato paste, and hot water. Cover and simmer as gently as possible for 2 hours. Add a little boiling water if necessary. Mash through a sieve, pressing the sieve to get as much as possible through it. Check the seasoning and add more cayenne if you like. This is served very hot accompanied by rouille, a smooth sauce made of tomato purée, crushed cloves of garlic, puréed pimento, mayonnaise, cayenne and 2 or 3 tablespoons of the soup. (See the preceding recipe.) This is spread on toast and eaten with the soup.

This recipe is a specialty of Chef Jacques Fils. Jean and Andrée Boutersuy, the hosts of this very special small restaurant, give you a warm welcome and an apéritif to get the evening off to a good start.

Chinese Shrimp Soup

8 cups clear chicken and pork consommé
1/3 cup vermicelli
1 1/2 cups bamboo shoots
1 cup watercress, minced fine
2 tbsps. butter
1/2 pound fresh shrimp
cubes of soy bean cake
12 water chestnuts, sliced

Accompaniment

soy sauce

Make the consommé the day before because it must be strained, chilled and free of every bit of fat. The chicken may be in parts or left whole; 2 pounds of spareribs may be used as the pork. Cut them in pieces and after they are cooked in the soup, they may be browned and served separately. All the soup vegetables, onions, carrots, turnips, and leeks are cut in half but not diced. Add salt and pepper. Cover with 2 1/2 quarts of water and simmer 1 hour. Strain, chill, and when the cake of fat is formed, remove it.

When making the shrimp soup, cook the vermicelli in 8 cups of consommé for 10 minutes, then add the washed, drained bamboo shoots and cook 5 minutes more. Soften the trimmed, minced watercress in the butter 2 minutes and add it to the soup. Cook the shrimp 1 minute, shell, cut in half lengthwise and add it to the soup. Cut the soy bean cake in 1/2-inch cubes. Add it to the soup with the peeled, sliced waterchestnuts. (All these ingredients are available in Chinese shops.) A piece of peeled fresh ginger root is a nice addition, as are Chinese dried mushrooms. They are scalded, washed, and soaked several hours or overnight in 1 cup of water and cooked 20 minutes, then added to the finished soup. The soup is thick with additions. Pass the soy sauce instead of salt. Serves 8.

Fish Soup with Shrimp

3 pounds fish fillets:
pike, bass, trout, sole

Fish Stock

1 cup white wine
1 cup clam juice
4 cups water
1/2 cup butter
1/2 pound fresh shrimp
1 jigger brandy or cognac
salt and pepper
2/3 cup dry white wine

Accompaniment

rouille
toast

Make the stock with the shrimp shells and fish trimmings. Use 1 cup white wine, clam juice and water for the liquid. Simmer the fish on a fish rack in the strained stock 10 or 12 minutes. Meanwhile sauté the shelled shrimp 1 1/2 minutes in the butter, then blaze with brandy or cognac. Purée them with the 2/3 cup of wine. When the fish is done keep it warm and mix the puréed shrimp into the fish broth. Put a piece of fish in each of 6 wide soup plates and pour the soup over them. Serve with toast and rouille.

New Orleans Shrimp Gumbo

2 pounds shrimp
2 fish heads and bones
2 quarts water
2 bay leaves
2 whole cloves
salt and pepper
1 1/2 pounds okra
1/4 cup butter
1/4 cup bacon fat
2 cups onions, finely chopped
1/2 cup celery, thinly sliced
2 tbsps. tomato paste
2 cloves garlic, crushed
1 green pepper, sliced
1/2 cup flour
1 cup tomato purée
1/2 tsp. Tabasco
1 tsp. Worcestershire sauce
1 pound fresh cooked crab-meat
1 pint oysters
1 tbsp. gumbo filé
3 tbsps. parsley, chopped

Accompaniment

rice pilau (p. 50)

Shell the shrimp and set aside. Put the shells in a large kettle with the fish heads and bones the fish man gives you. Add 2 quarts of water, bay leaves, cloves, salt and pepper. Cover and simmer gently 1 hour. Strain and use the broth for the soup. For added flavor, add teaspoons of chicken soup concentrate, if you wish. Trim the ends of the okra. It may be washed in water with a pinch of soda to brighten it and rinsed well. Dry okra, then sauté it in the butter and bacon fat and toss over low heat 2 minutes. Add all the vegetables; stir for 3 or 4 minutes until the onions begin to soften. Stir in the flour and when smooth, stir in the tomato purée and all seasonings except the filé. Add a little of the shrimp shell broth and then mix the vegetables with the rest of the broth in the kettle. Add a quart of warm water, cover and simmer gently 1 hour. When ready to serve, add the crab meat, shrimp and oysters. When it begins to bubble, stir in the filé (a sassafras thickener), add the parsley and serve in a large tureen at the table with the pilau. Serves 10. In New Orleans fresh live crab are used; this is a simpler version.

Shrimp Bisque #1

2 pounds fresh shrimp
3 tbsps. butter
salt and pepper
1 jigger brandy
1/2 cup tomato purée
1 cup heavy cream, scalded
2 egg yolks

Fish Stock

ground shells of shrimp
salt and pepper
1 tsp. thyme
1 cup dry white wine
1/2 cup onions, chopped fine
1/4 cup carrots, diced
2 whole cloves
1 tsp. marjoram
4 cups water
2 tsps. chicken soup concentrate
1 pint clam juice

Shell the shrimp and grind the shells. Put them in a heavy pot with all the stock ingredients, cover and simmer very slowly for 15 minutes. Let cool, then strain through a sieve. Cook the shrimp in the butter a minute until they become pink. Season lightly, then blaze with brandy. Add the tomato purée. Reserve 8 or 10 shrimp, the number of persons you will serve. Purée the other shrimp with 2 or 3 cups of the stock until smooth. Add the rest of the stock to the soup. When ready to serve, reheat and whisk in the scalded cream which has been mixed with the egg yolks. Put a sliced (lengthwise) shrimp in each plate of soup. Serves 8 or 10.

Shrimp Bisque #2

1 1/2 pounds shrimp
2 cups water
salt and pepper

Mirepoix

1/3 cup ground ham
1/3 cup carrots, chopped
1/3 cup onions, chopped
2 shallots, minced
1/3 cup butter
1/2 cup tomato purée
bouquet garni: thyme, parsley, marjoram
1 cup dry white wine
1 pint clam juice
2 cups consommé blanc (veal or chicken stock)
2 tbsps. rice or cornstarch
1 cup heavy cream
2 egg yolks

Wash the shrimp and put them in a heavy pot with the water. Bring to a simmer and when the shrimp are pink, drain them out and save the water. Grind the shells and set aside the shrimp. Put the shells back in the water, add salt and pepper cover and simmer gently 15 minutes. Stir the ingredients for the mirepoix in the butter for 2 minutes, then add the strained shrimp shell water, the tomato purée, bouquet garni (1 teaspoon each herb), wine, clam juice and stock. Simmer 10 minutes. Strain through a sieve. Remove a little of the liquid and blend it with the starch, then add it to the soup and bring to the boil when ready to serve. Scald the cream; stir in the yolks and whisk it into the hot soup. Slice the shrimp and add them to the soup and serve. Serves 6 to 8.

Shrimp Bisque #3

1 1/2 cups fresh peas (1 1/2 pounds)
1/2 cup water
1 tsp. basil
salt and pepper
2 1/2 cups Carrot Soup (p. 214)
1 cup light cream
1 tsp. cornstarch
1 pound fresh shrimp
1 1/2 cups water
salt and pepper
1/4 cup onions, chopped
1/4 tsp. thyme
1 tsp. marjoram
1 tsp. chervil
dark rum

Cook the peas in the water, adding the basil, salt, and pepper. The pressure cooker takes 1-1/2 minutes. Mash through a sieve or purée in blender. Add to the carrot soup. Blend the cream and cornstarch and cook until it thickens, then add to the soup mixture. Wash the shrimp and put it in a saucepan with the water and seasonings. Bring to a simmer and cook the shrimp 2 minutes. Remove shrimp, shell them and return the cut up shells to the broth; cover and simmer 10 minutes. Strain this broth into the pea soup. Cut the shrimp in two, lengthwise, and put three or four shrimp halves in each soup plate with a tablespoon of rum; then pour the hot soup over them. This delicious soup serves 8.

Shrimp and Salmon Soup

1 pound shrimp
1 onion, minced
1/2 cup celery, minced
1/2 cup carrots, chopped
1 tsp. thyme
1/4 tsp. nutmeg
salt and pepper
1 cup dry white wine or dry vermouth
1 pint clam juice
1 pound sliced salmon
2 tbsps. tomato paste
1 tbsp. cornstarch
1 cup milk
1 cup heavy cream, scalded
2 egg yolks
1/4 cup madeira

Wash the shrimp and put them in a saucepan with the vegetables, seasonings, wine and clam juice. Cook the shrimp 2 minutes and let them cool 5 minutes in the liquid. Remove and peel them. Put the shells back in the broth and simmer, covered, 15 minutes. Lay the slice of salmon on top, cover and cook about 15 minutes or until salmon begins to flake. Remove the salmon, skin and bone it. Strain the broth through a sieve. Flake salmon on top, cover and cook about minutes or until salmon begins to flake. Remove the salmon, skin and bone it. Strain the broth through a sieve. Flake and cook until it thickens. Add this to the puréed salmon mixture. When ready to serve, bring it to the boil. Scald the cream, whisk it into the egg yolks and add it to the soup with the wine and the whole shrimp. Do not cook after the egg yolks are added; just heat it. Serves 6 to 8.

Shrimp Broth with Quenelles

Shrimp Broth

shrimp shells
1 cup clam juice
1 cup water
1 cup dry white wine
salt and pepper
1/3 cup onions, chopped
1/3 cup carrots, diced
1 tsp. thyme
2 tbsps. cornstarch
1 cup heavy cream
1 tbsp. tomato paste
4 cups chicken broth

Shrimp Quenelles

1 pound raw shrimp, puréed
Salt and pepper
2 egg whites
1 cup heavy cream, reduced

The day before making the soup, reduce the cream by boiling it for 18 minutes. Refrigerate it and it will become thick. Make the quenelles by purée-ing the raw cut-up shrimp in the blender until thick and smooth. Add salt and pepper and beat in the unbeaten egg whites. Refrigerate until the next day. Then beat in the thick cream which should be about 3/4 cup. Chill 2 or 3 hours.

To make the shrimp broth, cut the shells fine with kitchen shears and cook them slowly with the rest of the broth ingredients 15 minutes, covered. Strain the broth, pressing the sides of the sieve. Blend the cornstarch with the cream and tomato paste and add it to the broth. Cook until it thickens. Make balls of the quenelle mixture, or poach by teaspoonsful, rounding them with another spoon, in simmering chicken broth, for 2 minutes, covered. Allow 4 or 5 quenelles to each serving. Combine the chicken broth with the shrimp broth, reheat, and pour over the quenelles. Serves 6 to 8.

4.

Dried Legume Soups

All the soups containing dried beans, peas or lentils are in one chapter because they should be started the day before cooking. At least they must be soaked several hours ahead of time or overnight. This will remind the cook that he must think of the soup in advance.

Baked Pea or Bean Soup

1 1/4 cups dried peas or white beans
water to cover
1 1/4 pounds pork shoulder or shoulder or breast of lamb, cubed
4 ozs. salt pork, sliced and diced
2 tbsps. flour
2 tsps. marjoram
2 tsps. chervil
salt and pepper
1/2 cup onions, chopped
1/2 cup carrots, chopped
8 cups chicken broth

Wash the peas or beans and soak them overnight in water to cover well. If you use beans, boil them with a cup of water added, until the skins burst. The peas do not need this preliminary cooking. Cut the meat in 1 1/2-inch cubes. Put the flour, herbs, salt, and pepper in a bag and shake the meat in it until well covered. Fry the salt pork until golden, then brown the onions and cubes of meat in it. Add the carrots and cook a few more seconds. Alternate layers of peas (or beans) and the meat and vegetables in a large casserole. Heat the broth in the browning pan, scraping the pan. Pour the broth into the casserole and bake in the oven 3 hours at a scant 300° If the soup is too thick after 2 1/2 hours cooking, add some boiling water. Hot batter bread or corn bread are good with this soup. Serves 8 to 10.

Basque Vegetable Soup

1 cup dried beans
1 quart water
1 cup onions, chopped
1/3 cup butter or ham or bacon fat
1/2 new cabbage, shredded fine
2 cloves garlic, crushed
3 tbsps. wine vinegar

Wash the beans and soak them over night in 4 cups of water. Next day, cover and simmer them 1 hour. Soften the onions in the butter or fat and add them to the partially cooked beans with the cabbage and garlic. Add 4 more cups of water, salt, and pepper. Cover and simmer an hour, then add the vinegar. Check seasoning. Serves 8.

Bean and Celeriac (Celery Root) Soup

1 cup dried white beans
1 quart water
1 large celery root, diced
4 tbsps. ham fat
salt and pepper
2 1/2 pounds fresh shoulder of pork
3 ounces ground ham
2 cups potatoes, diced
1/3 cup dry fresh bread crumbs

Garnish

Dijon mustard or creamed horseradish sauce

Wash the beans and soak them over night in the water. When you begin the soup, peel and dice the celery root very fine. Soften it in the fat in the soup kettle 2 or 3 minutes. Add salt and pepper. Brown the meat on all sides in the kettle and add the ham. Boil the beans and add them, with 2 or 3 more cups of hot water. Cover and simmer 1 3/4 hours, then add the potatoes and crumbs. Cook 15 minutes more or until the potatoes are done. Check the seasoning. Serve the meat on a hot platter and the soup in bowls. Serves 6.

Bean Soup with Roast Meat Bones

1 1/2 cups dried beans: kidney, black, northern, pinto or lima
1 large onion, diced
1 thick slice salt pork, cubed
1 tsp. mustard
2 tbsps. molasses
2 tbsps. tomato paste
1 tbsp. vinegar

Broth

bones from roast beef, lamb, pork, game or poultry
4 stalks celery, sliced
2 carrots, sliced
2 big onions, sliced
2 tsps. thyme
2 tsps. basil
2 tsps. marjoram
salt and pepper
1 tsp. chicken or beef extract
leftover gravy

Wash and soak beans overnight and cook separately. It is a very good habit never to throw away good bones since they make marvelous soup. This broth without the beans is a fine soup, made with either water or water and vegetable juice and a can of carrot juice. Put all the ingredients except the gravy and extract in a big soup kettle, add 5 cups of liquid and simmer gently 1 1/2 hours (30 minutes in the pressure cooker). Strain the soup, pressing the vegetables gently against the sieve and add leftover gravy and the meat extract. Add a little more water to the beans or 1 1/2 cups of the cooked broth, and add finely diced onion and cubes of pork and the seasonings. Cook them an hour in the pressure cooker, longer in a covered pot. Limas take much less time than other beans, using either method. When the beans are done, scoop out a big cup of them and purée them either through a sieve or with an electric blender. Return the purée to the beans, this thickens the soup. Combine the beans with the broth. Makes 10 or 12 cups of soup. The cubes of pork are delicious, spread on crackers.

Black Bean Soup

2 cups dried black beans
1/2 pound salt pork
3/4 pound beef, cubed
3 quarts water
2 onions, diced
2 carrots, diced
2 stalks celery, sliced
2 tsps. basil
2 whole cloves
1 tbsp. molasses
1 tsp. mustard
1/2 tsp. mace
2 tsps. salt
dash cayenne
1/2 cup madeira

Garnish

lemon slices
sieved hardboiled egg

Wash the beans well and soak them overnight in 4 cups of water. Drain them and measure the water. Add enough to make 3 quarts. Put the beans, water, pork, and beef in a large soup kettle and bring slowly to the boil. Skim and add all the vegetables and seasonings, except salt and pepper and madeira. Cover and simmer gently 3 hours. Add a little boiling water if needed. Purée the soup; it should be like heavy cream. Season with salt, pepper, and cayenne. When ready to serve, reheat the soup and add the wine. Add a thin slice of lemon and sieve hard-boiled egg over top of each plate of soup. A ham bone may be used in place of the beef. This is an elegant soup for the family as well as for important dinners. Serves 10.

Chick Pea Soup
Near East

1 1/2 cups dried chick peas
4 cups water
2 pounds neck of lamb (1 piece)
1 cup onions, diced fine
2 tbsps. parsley, minced
1/2 tsp. ginger
1 tsp. turmeric
5 cups water
4 chicken legs
4 chicken thighs
1/3 cup patna rice
1/2 cup tomato purée
2 tsps. coriander
salt and pepper

Wash the peas and soak them over night in 4 cups of water. Do not drain them but put them in a large soup kettle with the lamb, onions, parsley, seasonings, and the water. Bring to a simmer and skim. Cover and cook gently 2 hours. Add the chicken, rice, tomato purée, and seasoning. Add a little boiling water if needed. Cook slowly 30 minutes. Remove the lamb and chicken and keep them hot while the soup is served. Serve chutney with the lamb and chicken and a green vegetable or potatoes. Serves 8.

Accompaniment

chutney

Chick Pea Soup with Peanuts

2 cups dried chick peas
1 cup onions, chopped
2 leeks, sliced
4 tbsps. butter
1 carrot, diced
1 pound streaky salt pork, in one piece
2 1/2 quarts water
3 tsps. chicken soup concentrate
salt and pepper
1/4 cup ground peanuts or peanut butter

Wash the peas and soak them over night in 1 quart of water. Cook onions and leeks in the butter in the soup kettle until they soften. Put the peas, without draining them, in the kettle with the carrot, blanched and drained pork, water, and chicken concentrate. Cover and cook gently 2 to 2 1/2 hours until the pork is tender. Remove the pork and glaze under the flame and serve separately with mustard. Remove 2 cups of peas and purée the rest. Add the peanuts or peanut butter, stirring it until it is smooth. Taste and add more if you like. It gives the soup a smooth, nutty taste. Return the whole peas to the soup. Serves 10 or more.

Chick Peas and Spinach Soup
Sopa de Garbanzo

2 cups chick peas
2 quarts water
1 cup onions, finely diced
2 ozs. salt pork, diced
2 tbsps. butter or oil
1 cup carrots, finely diced
2 cloves garlic, crushed
salt and pepper
1/3 cup tomato purée
1 pound fresh spinach
1 tsp. oregano
1 cup water

Wash the peas and put them in the soup kettle with the water and soak over night. Chop the onion fine. Fry the diced pork in the butter or oil until crisp. Drain out the pieces and reserve them. Sauté the onions in the fat until they soften, stir in the carrots and garlic, then scrape into the peas. Simmer an hour, covered, then season with salt and pepper and add the tomato purée. Simmer until the beans are soft, 1 more hour. Meanwhile wash and trim the spinach. Cook it until it softens with the oregano and water. Purée the spinach. Purée 2 cups of the bean mixture and combine with the soup and spinach. Return the pork pieces to the soup. If too thick, add a little hot water. Cooked and sliced Spanish sausages may garnish the soup, if desired. Serves 10.

Dried Bean Soup with Herbs

1 1/2 cups white dried beans: great northern or navy
2 quarts water
1 large potato, diced
1/2 cup onions, diced
1 small carrot, diced
1 tsp. thyme
salt and pepper
1 cup closely packed sorrel or watercress, chopped fine
1/3 cup parsley, chopped
2 lettuce leaves, finely shredded
3 tbsps. minced fresh herbs: tarragon, thyme, chervil
4 tbsps. butter

Wash the beans and put them in the soup kettle with the water and soak over night. Add the potato, onion, carrot, and seasoning. Cover and simmer gently 1 1/2 hours or until the beans are tender. Purée half of the soup and return it to the rest of the soup. Chop the herbs and lettuce very fine in a wooden bowl, then soften in the butter 2 or 3 minutes. Add to the soup and simmer 5 or 6 minutes. If the soup is too thick, it may be thinned with a little boiling water mixed with 1 or 2 teaspoons of chicken soup concentrate. Makes over 2 quarts.

Dried Beans or Peas and Vegetable Soup

2 cups dried peas or beans
2 quarts water
1 cup onions, diced
1 cup carrots, diced
2 leeks, sliced fine
1/3 cup butter
1 celery root, diced
1/3 cup parsley, minced
1 whole onion, stuck with 3 cloves
1 tsp. marjoram
1 tsp. basil
salt and pepper
2/3 cup tiny egg noodles
2 cups broth

Garnish

bowl of buttered croutons

Wash the peas or beans and soak them in 2 quarts of water 6 hours or overnight. Simmer the beans 1 1/2 hours. The peas need no previous cooking. Sauté the onions, carrots, and leeks in butter until they begin to color and add them to the beans (or peas) and the cooking water when you make the soup. The vegetables must be diced very fine as they are not sieved from pea or bean soups. Add the rest of the ingredients except the noodles and broth. Simmer, covered, until the beans are tender and soft, about 2 hours. Add more boiling water if necessary as the soup becomes very thick. After 2 hours remove 2 cups of soup and vegetables; purée them and return to the soup. Cook the noodles in broth you make with boiling water and a pea-size meat glaze and 1 teaspoon of chicken soup concentrate. When noodles are tender add them and their broth to the soup. This makes 3 quarts of soup or more, and keeps well if allowed to cool thoroughly before refrigerating. Cover after it has been in the refrigerator an hour or more to release all steam.

Garbure

This vegetable and meat soup comes from the Béarn where it is made from a choice of game, goose, meat and bones, and pork. We can make it with just pork with or without other meats and a variety of vegetables.

2 cups dried white beans or flageolet beans
6 cups water
2 or 3 pounds boned pork shoulder
game or poultry bones if available
1 large onion, diced
1 large onion, stuck with 3 cloves
garlic, 5 whole cloves
1 1/2 cups carrots, diced
2 cups cabbage, shredded
2 new white turnips, diced
2 leeks, sliced
1 cup celery, sliced
1 cup fresh lima or green beans, sliced
1 tsp. basil
1 tsp. chervil
2 tbsps. fresh herbs, minced
salt and freshly ground pepper
2 large potatoes, diced

Accompaniment

mustard or horseradish

Wash and soak the beans overnight in the 6 cups of water. Two hours before dinner, put the beans in a large soup kettle with their soaking water, the meat, bones, onions, garlic, and carrots. Add 2 quarts water, cover and simmer 1 1/2 hours, then add all the rest of the vegetables, seasonings, and potatoes. Cover and simmer gently 30 more minutes. The water should just cover the vegetables, so you may need to add a little more when the vegetables are added. Two teaspoons of soup concentrate may improve the flavor of the broth. When it is done, drain the meat, transfer to a hot platter and serve it with either condiment. Serve the soup in bowls. This will serve 6 to 10, depending on how much meat you cook.

Habitant Pea Soup

Chateau Frontenac, Quebec

2 cups dried yellow peas
8 cups water
1/2 pound salt pork
3 carrots, diced
1 tsp. basil
3 onions, diced
2 white turnips, diced
1/2 cup celery tops
salt and pepper
1 tsp. savory

Wash the peas and soak them over night in the water. Next day, measure the water and add enough to make 8 cups. Put the peas, water and salt pork in the soup kettle and bring slowly to a boil. After it is well skimmed, add the vegetables and seasonings with the exception of the salt. Cover and simmer gently 3 hours. Add salt an hour before it is done. Remove the pork and 1 cup of peas from the soup. Put the rest of the soup through a sieve. Return the cup of peas to the soup. Serve the sliced pork with the soup. Makes 2 quarts of soup.

Lentil Soup

2 cups dried lentils
4 cups water
beef, lamb or pork roast bones
2 large onions, chopped fine
2 carrots, chopped fine
2 stalks celery, sliced, with leaves
2 tsps. oregano
2 tsps. salt
1/4 tsp. powdered clove
2 bay leaves
freshly ground pepper
3 tbsps. lime juice or 1/3 cup sherry or madeira

Accompaniment

cooked knackwurst, skinned, sliced and spread with Dijon mustard

Wash and soak the lentils in the water 4 or 5 hours. Put them in the soup kettle and add the bones and all the ingredients except the juice or wine. Cover and simmer gently 2 hours. When the soup is done, remove the bones and bay leaves. Purée the soup except for 1 big cup of lentils. Return these to the purée; add the juice or wine. Cook the knackwurst 10 minutes, then skin it and spread with mustard. Add 3 slices to each plate of soup. Makes over 2 quarts of soup.

Lamb is especially good with lentils, a combination often used in the Near East.

Game Soup with Lentils

1 cup dried lentils
2 whole cloves garlic
2 bay leaves
3 cups chicken stock
salt and pepper
carcass and meat of game:
quail, duck, goose, partridge, etc.
1 onion, stuck with 3 cloves
1 onion, sliced
1 carrot, sliced
4 cups beef or chicken stock
1 cup red wine
6 juniper berries, crushed
1 tsp. thyme
1 tsp. sage
water to cover
4 or 5 chicken livers
2 tbsps. butter
1/2 cup madeira

Wash the lentils well and soak 6 hours or overnight in 3 cups of water. Drain and add the garlic, bay leaves and chicken stock. Simmer gently until they are tender, about an hour. Season with salt and pepper. Set aside to add to the game soup. Put the carcass and meat in a kettle and add any dressing or gravy available. (You may have game too old to eat but which makes excellent soup.) Put the rest of the ingredients in the kettle, up to and including the water, just to cover. Simmer very gently, covered, 1 1/2 to 2 hours. Strain and add the lentils and their liquid. Brown the livers in butter and mash them with some of the soup, then add them all. Reheat to serve, and add the wine. Serves 8.

Variation: Add 3/4 cup heavy cream, scalded and added to 2 egg yolks and whisked into the soup.

Near East Lentil Soup

2 cups lentils
4 cups water
4 cups chicken broth
1 1/4 cups onions, chopped
4 tbsps. olive oil
2 whole cloves garlic
salt and pepper
1 cup spinach, finely chopped
2 tbsps. lime juice

Garnish

croutons fried in butter or olive oil and garlic

Wash the lentils with hot water and rinse them well. Soak them 6 hours or overnight in the 4 cups of water. When you make the soup, put the lentils and their soaking-water in the soup kettle and add the broth. Sauté the onions in olive oil until they soften, then add with the garlic, salt, and pepper to the lentils. Cover and simmer gently 1 1/4 hours. Chop the spinach in a bowl and add it to the soup and simmer 20 more minutes. Add the lime juice. Serve with the croutons passed in a bowl. Makes over 2 quarts.

North African Soup

This is really a U.N. soup, as a Hollander gave this African soup to an American in Paris at the home of a Spaniard.

2 cups chick peas
2 quarts water
2 pounds neck of lamb, cubed
3 tbsps. oil
1/2 pound onions, minced
2 1/2 pounds tomatoes or 2 cups tomato purée
salt and pepper
2 tsps. savory
1 tbsp. sweet paprika
3 small zucchini, sliced
1/2 cup vermicelli

Wash the peas and soak them 6 hours in the water. Brown the lamb in oil on all sides and add it to the peas and their soaking water. Add the onions. Skin and slice the tomatoes or use tomato purée. Add it to the soup. Cover and simmer gently 2 hours. Season and add the zucchini and after 15 minutes, add the vermicelli and cook 15 more minutes, that is 2 1/2 hours altogether. Add more hot water if necessary when adding the zucchini. It is a thick and nourishing soup. Serves 8 or more.

Pasta e Fagioli

Rosteria Luciano

via Nazario Sauro 19, Bologna

1 1/2 pounds fresh flat beans or 2 cups dried lima beans
3 tbsps. olive oil
1 slice salt pork or bacon diced
2 cloves garlic, crushed
3 tbsps. parsley, minced
salt and pepper
2 large tomatoes, peeled and sliced
2 large potatoes, peeled and diced
4 ounces pasta in mixed shapes or 3/4 cups cooked rice

This is a thick and nourishing soup, especially good for winter. If dried beans are used, wash them and soak them in 3 cups of water overnight. Put the olive oil in a heavy sauté pan with the diced pork or bacon and fry it until crisp. Scoop it out and reserve it. Add the garlic, parsley, seasonings, and tomatoes and cook gently 10 minutes. The beans and diced potatoes are cooked in 2 quarts of water; 2 hours for fresh beans, 3 hours for dried beans, a soup kettle, covered, over low heat. When they are done, pass them through a sieve. If the soup is too thick, add a little boiling water. The pasta is cooked separately in boiling salted water and drained. Add it to the bean purée. Or if rice is cooked, add 3/4 cup of fluffy rice to the purée. Stir in the first parsley-tomato mixture and the reserved pork or bacon crumbles.

This restaurant is run by the friendliest and most engaging couple, Maria and Luciano Draghetti. Maria is responsible for overseeing the cooking and has received a number of honors for its fine quality. All the great Bolognese specialties are found here—the manicaretti and fritto misto are beyond-words delicious. The dining rooms reflect Luciano's taste. He wanted to be an art restorer, but 7 years in the army put an end to that. Their wine cellar is a surprise; it contains hundreds of bottles, including the great burgundies and bordeaux. It also includes fine Italian wines of the Negroni and Vallania vineyards, both near Bologna.

Pepe's Caldo Gallego
Galicia, Spain

1 pound dried white beans
2 quarts water
1 pound streaky salt pork
1 young cabbage, shredded fine
4 potatoes, peeled and sliced
salt and pepper
1 pound small pork sausages

Wash the beans and put them to soak for 6 hours with 2 quarts water in the soup kettle. When ready to make the soup, add the salt pork (in 1 piece) and simmer 1 1/2 hours. Add the cabbage and potatoes, salt and pepper and cook 1/2 hour longer. Fry the sausages 18 minutes, so they are well browned, and add them just before serving the soup. If it becomes too thick, add a little boiling water. This fine peasant soup is a staple in northern Spain. It will serve 12 or more.

Potage de Legumes

1 cup dried lima or white beans
1 quart water
1 cup onions, chopped
1 cup carrots, chopped
1 cup celery, finely sliced
2 leeks, sliced
salt and pepper
1 tsp. chervil
1 tsp. marjoram
3 shallots, minced
1/4 cup parsley, minced
3 buds garlic, left whole
1 white turnip, diced
1 parsnip, diced

Garnish

1 pound fresh peas
2 tsps. basil
big lump butter
1/4 cup water

Wash the beans and soak them over night in the quart of water. Put them in a good-sized soup kettle and add 2 more cups of water and all the vegetables. Add the herbs and seasonings. Cover and simmer gently 1 1/2 to 2 hours or until the beans are soft. Purée the contents of the pot. Cook the peas in the butter and water and add the basil. This must be done slowly in a heavy covered pot or in the pressure cooker, the latter taking 1 1/2 minutes. Empty the peas and their juices into the soup. If the soup is too thick, it may be thinned with a little water or light cream. Serves 8.

Potage à la Grècque

2 1/2 pounds neck of lamb, in 2-inch cubes
flour and oil
1 cup dried green peas
2 1/2 cups water
1 cup carrots, diced
1 leek, sliced
1 white turnip, sliced
1/2 cup tomato purée
2 quarts chicken broth or water
2 tsps. oregano
1/2 cup patna rice
salt and pepper
parsley, chopped

Have the lamb boned but keep the bone, it adds flavor to the soup. Soak the washed peas 4 or 5 hours in the water. Shake the lamb cubes in 2 tablespoons of flour and 1 teaspoon of oregano and brown them quickly in oil. Put them in the soup kettle with the bone, peas and their soaking water, vegetables, tomato purée, and broth. If water is used, add 2 teaspoons of chicken soup concentrate. Leave the salt to the end of the cooking. Cover and cook 2 hours. Add the rice and teaspoon of oregano and cook 1/2 hour longer. Remove 2 cups of the soup with the vegetables and purée it and return it to the soup. Check the seasoning. Add the parsley. This recipe make more than enough soup for 6.

Soupe Auvergnate

1 cup lentils
2 cups water
1 pound potatoes, peeled and sliced
1 cup onions, chopped
1 clove garlic, crushed
2 tsps. thyme
salt and pepper
2 tbsps. butter

Garnish
parsley or chervil, chopped
croutons fried in butter

Soak the washed lentils in 2 cups of water 6 hours or overnight. Add the potatoes, peeled and sliced, onions, garlic, thyme, salt, pepper, and butter, to the lentils, with 4 cups of water and simmer gently, covered, 2 hours. Purée the mixture in the blender or through a sieve. Reheat and sprinkle each soup plate with minced fresh herbs. Tarragon and chives may also be used. Add 4 to 5 fried croutons to each plate. Serves 6.

Soupe Haricot Rouge

2 cups kidney beans or red beans
6 cups water
1 cup onions, chopped
1 tbsp. prepared mustard
1/2 cup celery, sliced
1/2 cup carrots, diced
1 cup dry red wine
2 tbsps. brown sugar
1 1/2-inch slice salt pork, diced
salt and pepper
3 tbsps. parsley, minced

Garnish

croutons fried in butter

Wash the beans and soak them in the soup kettle overnight. Do not drain them but add all the ingredients except the parsley and croutons and 4 more cups of water. Cover and simmer gently 2 hours or until the beans are tender. Purée the soup and if it is too thick, add a little wine, water or broth. Add the parsley. Serve with a bowl of crisp croutons. This is a great soup and serves 10.

Spanish Pork and Bean Soup

1 pound dried beans
2 1/2 quarts water
2 pounds pickled lean pork (shoulder)
2 leeks, sliced
1 cup onions, chopped
bouquet garni: thyme, tarragon, parsley
salt and pepper
6 white turnips
6 white onions
6 young carrots
6 parsnips
6 potatoes
1 small cabbage, cut in 6ths

Accompaniment

mustard

Wash the beans and put them in a large soup kettle and soak them in the water overnight. Add the meat, leeks, onions, bouquet garni, cover and simmer 1 3/4 hours. Add salt and pepper. Add the whole vegetables and cabbage, cover and cook slowly 30 minutes until they are all tender. Drain out the whole vegetables and meat and serve them on a hot platter and the soup in bowls. Serves 6.

Alice's Split Pea and Vegetable Soup

2 cups split peas
1 quart water
1 slice salt pork, diced
4 slices of bacon, diced
2 tbsps. butter
2 leeks, sliced
2 1/2 cups onions, chopped
1 carrot, diced fine
salt and pepper
2 tsps. basil
2 tbsps. parsley, minced
1 potato, diced
2 cups lettuce, sorrel or spinach, shredded fine
2 tsps. chicken soup concentrate

Wash the peas and soak them in the water 6 hours or overnight. Put the diced pork, bacon, and butter in the soup kettle and sauté until the pork and bacon are crisp, then remove and reserve them. Put the leeks and onions in the fat and cook and stir them until they are golden but not brown. Add the peas and their soaking water, carrot, seasonings, parsley, and potato. Add a quart of boiling water, cover and cook gently 1 hour. Half or all of the soup may be puréed. Add the shredded greens and the soup concentrate and simmer 15 minutes. Return the bacon and pork pieces to the soup. Reheat to serve. This makes well over 2 quarts and if it is too thick, add some boiling water. A delicious and nourishing soup for any family, large or small.

Dutch Split Pea Soup
Erwtensoep

This is really meats and soup, a great meal in itself.

2 cups split peas
1 large celery root
4 leeks, sliced thin
2 cups onions, minced fine
salt and pepper
1 tsp. basil
1 tsp. thyme
1 ham bone with meat
2 fresh pig knuckles or feet
2 salted pig knuckles or feet
12 pork sausages

Accompaniment

fried croutons
mashed potatoes
Dijon mustard
Dutch beer

Wash the peas and soak them 2 or 3 hours in a quart of fresh water. Prepare the vegetables by chopping and mincing them very fine because the soup is not sieved and should be creamy and smooth. Put vegetables in a large soup kettle, add the peas and the water they soaked in and 2 more quarts of water. Add the salt, pepper, and herbs. Cook this gently for 20 minutes, then add the ham bone. See that it has plenty of meat on it if 8 are to be served. Add the pig's feet or knuckles, cover and simmer very gently until the meat is tender, 2 1/2 to 3 hours. Add more hot water when necessary. Brown the sausages very quickly without cooking them and add them 20 minutes before serving. Drain the meats and put them on a hot platter and put the soup in a tureen, adding croutons to the top. Serve the soup in small soup bowls at the same time you serve the meat. Mashed potatoes go well with this meal.

Italian Split Pea Soup

2 cups split peas
4 cups water
4 ounces salt pork, sliced and diced
4 tbsps. olive oil
1 cup onions, finely diced
1 cup carrots, finely diced
2 cloves garlic, crushed
salt and pepper
2 tsps. marjoram
1 cup or more of light cream
parsley, chopped

Put the peas in the soup kettle with the water and soak 5 or 6 hours. Sauté the diced pork in the olive oil until it is crisp; scoop out the pieces and reserve them. Put the onions, carrots, and garlic in the fat and stir them 2 minutes, then add it all to the peas. Add seasonings and 3 more cups of hot water. Cover and simmer 1 hour, then purée the contents and add the 1 cup or more of light cream to bring the soup to the consistency of cream. Add the parsley. Makes 2 quarts.

Split Pea Soup

2 cups dried split peas
3 tbsps. butter
1 large onion, sliced
1 cup carrots, sliced
1 ham bone or roast bone
2 bay leaves
salt and pepper
milk

Wash the peas and soak them over night in 2 cups of water. When ready to cook, add 2 1/2 cups of fresh water. Cook the butter and onion 1 minute and add these to the peas with the carrots, bone, bay leaves, and salt and pepper. Cover tight and simmer about 1 1/4 hours. A little more water may be needed. Remove the bone and purée the vegetables, thinning the soup with milk to the consistency of heavy cream. Taste for seasoning. For guests, cook a pound of fresh peas in butter, very little water and the basil. Add them to the soup for a garnish. Makes over 8 cups of soup.

Garnish

1 pound fresh peas
1 tbsp. butter
1 tsp. basil

Swedish Pea Soup

2 cups dried yellow peas
3 quarts water
1 onion, stuck with 3 cloves
1 cup onions, diced
2 leeks, sliced
2 carrots, sliced thin
2 tsps. chervil
2 tsps. basil
1/2 pound bacon (1 piece)
6 ounces streaky salt pork
2 pounds boneless pork shoulder
salt and freshly ground pepper
1/2 tsp. ginger
juice 1/2 lemon

Wash the peas and put them to soak for 6 hours or overnight in the soup kettle with the water. Add all the ingredients; cover and simmer gently 2 hours or a little longer until the meat is fork tender. The soup and meats are served separately and this soup is a meal in itself. Add a little boiling water if it becomes too thick. If you like, purée 2 cups of it make the soup smooth. Serves 8.

Accompaniment

black bread and mustard

Theo's Dutch Pea Soup
Snert

1 pound green split peas
2 1/2 quarts water
3 ounces salt pork
1 1/2 pounds leeks
1 stalk celery, chopped fine
1 celery root, finely diced
salt and pepper
1 pound pork sausage
1 1/2 pounds potatoes, peeled and diced

Wash the peas and soak them in the water several hours. Brown the salt pork on both sides and add it to the peas. Wash and slice the leeks and add them, the celery, and celery root to the soup kettle with the peas and simmer 1 1/2 hours. Brown the sausages quickly and add them and the potatoes to the soup and cook 20 minutes. Remove 1 1/2 cups of the soup, purée it and return it to the soup. If it is too thick, add a little boiling water or broth made with a teaspoon of chicken soup concentrate. This makes over 3 quarts of soup.

Three Bean Soup

1 cup navy beans
1 cup split peas
1 cup black beans or lentils
9 cups water
1/2 pound streaky salt pork
2 or 3 pounds breast of lamb
2 cups onions, finely chopped
2 leeks, sliced
2 peeled white turnips, diced
1 cup carrots, chopped
salt and pepper
2 tsps. thyme
2 tsps. chervil
2 tsps. basil

Garnish

buttered croutons

Wash the beans carefully and soak them overnight in the water. After soaking, put them in a large soup kettle with 2 quarts more water and all the other ingredients. Cover, bring to the simmer and skim. Simmer gently 2 hours or more until the meat is tender. Purée half of the soup and return it to the rest. If it is too thick, add a little boiling water. The lamb is not boned before cooking; the bones will drop out after it has cooked. Serve the meats separately. Pass croutons to add to the soup. This recipe makes soup enough for more than 12. Always put soup in glass screw-top jars after it is thoroughly cold.

Variation: fresh pork shoulder may be used instead of the lamb.

5.

Cereal, Beer, Egg, Cheese, and Garlic Soups Pasta, Wine and Yoghurt too

Armenian Yoghurt Soup

6 cups chicken broth
1/2 cup onions, chopped
4 tbsps. butter
salt and pepper
1/3 cup tapioca or vermicelli
1/4 cup parsley, finely minced
3 or 4 cups whipped yoghurt
3 tbsps. fresh mint, minced

Heat the broth to boiling. Sauté the onions in the butter until they are soft and add salt and pepper. Stir in the boiling broth. Simmer 10 minutes, then add tapioca or vermicelli and parsley. Simmer 15 minutes, covered. Beat the yoghurt, add it to the soup and cook 5 minutes. Add the mint. Serves 6. Serve hot or cold.

Beer Soup

4 1/2 cups chicken broth
2 cups dark beer
1 1/2 cups bread crumbs
salt and freshly ground pepper
1/4 tsp nutmeg
1/3 cup heavy cream

Garnish

rye bread croutons fried in butter

Mix the broth, beer and crumbs, cover and simmer gently for 15 minutes. Strain and season. Add the cream, reheat, and serve. Sprinkle the top of each plate with croutons. Serves 4 to 6.

Dutch Beer Soup

2 tbsps. flour
2 tbsps. butter
4 cups Dutch beer
1 tsp. light brown sugar
1/4 tsp. ginger
1 tsp. cumin powder
1/4 tsp. nutmeg
1/4 tsp. cinnamon
1 tbsp. each, lemon and orange rind
salt
4 slices bread fried crisp in butter

Brown the flour in the butter over low heat until it is ivory colored. Blend in the beer a little at a time with a rubber spatula until it is smooth, then add it all with the seasonings. Simmer gently 15 minutes, stirring continuously. Put a slice of fried bread in each of 4 soup plates and pour the hot soup over them.

Cheese Soup with Veal Broth

7 cups veal broth
4 tbsps. flour
1 1/2 cups shredded gruyère cheese
salt and pepper
dash cayenne
4 whole eggs, beaten

Garnish

small buttered croutons

Mix the flour in a little broth until smooth, then add all the broth. Cook 15 minutes over simmering water, then stir in the cheese until it is melted and smooth. Check the seasoning and add a dash of cayenne. Beat the eggs until thick in a warmed tureen and whisk in the hot soup. Serve with a bowl of crisp buttered croutons. Serves 8.

Cream of Barley Soup

1/2 cup barley
2 cups water
5 cups rich chicken or veal broth
1 cup heavy cream, scalded
2 egg yolks

Accompaniment

meat quenelles,
buttered croutons,
cooked peas with basil
asparagus tips
parsley, chopped

Soak the barley in the water 4 hours. Put barley and its soaking water into the broth and simmer 10 minutes. Reheat the soup when ready to serve and whisk in the scalded cream which has been mixed with the egg yolks. Choose one of the garnishes if you like and add chopped parsley. Serves 8.

Chinese Egg-Drop Soup

chicken and pork consommé
1 egg for every 2 cups of broth

Pour the beaten eggs through a coarse seive into simmering clear consommé. Stir and serve.

Egg Soup

1/3 cup olive oil
1/2 cup onions, minced
1 leek, sliced
1 tomato, peeled, chopped
1 tbsp. tomato paste
4 cloves garlic, crushed
bouquet garni: thyme, parsley, chervil, minced fine
1 tsp. fennel powder
1 orange rind, grated
1 large potato, peeled and diced fine
pinch saffron or 1 tsp. turmeric
salt and pepper
4 cups water
6 canapés of bread fried in butter
6 soft poached eggs

Sauté the onion and leek in the olive oil until they begin to color. Add the rest of the ingredients except bread and eggs, and simmer 20 minutes. Put the canapés of bread in wide soup plates and top each with a soft poached egg. Gently divide the hot soup around the bread. Serves 6.

Garlic and Egg Soup

6 cloves garlic, crushed
1 fennel bulb, sliced fine
1/2 cup onions, chopped
1/2 cup carrots, diced
1 leek, sliced
2 cups water
Salt and pepper
5 cups chicken broth
6 soft poached eggs
6 canapés of bread fried in butter

Cook the garlic and all the vegetables in the water until tender. Add salt and pepper. Purée the vegetables and water and add the purée to the chicken broth. Simmer 2 minutes. Poach eggs until soft. Put a slice of fried bread in each of 6 wide soup plates and place a poached egg on each. Add the boiling broth.

Spanish Egg Soup

1/2 cup fine fresh bread crumbs
2 cups light cream
2 cups milk
3 cloves garlic, crushed
3 tbsps. butter
3 tbsps. olive oil
1/3 cup almonds, sliced, toasted
salt and pepper
3 tsps. cumin powder
6 or 8 soft poached eggs
3 or 4 slices buttered toast

Soak the crumbs 10 minutes in the cream and milk. Put the garlic, butter, and oil in the bottom of a heavy pot and heat until garlic begins to brown but do not let it burn. Stir in the almonds. Boil the cream and milk and pour it over the almonds. Season with salt and pepper and stir in the cumin powder. Cook 5 minutes over low heat. Put a slice of crisp toast in each of the soup plates and top each with 2 soft poached eggs. Pour the soup over them. Serves 3 or 4.

Garlic Soup with Poached Eggs

8 cloves garlic
4 tbsps. ham fat
2 tbsps. flour
4 1/2 cups chicken or beef consommé
2 tbsps. parsley, minced
4 soft poached eggs

Garnish

croutons fried in butter

Crush and slice four cloves and put them in a heavy pot with the ham fat. Let them color but not brown. Stir in the flour and when smooth add the boiling consommé and parsley. Cover and simmer gently 15 minutes. Have the eggs ready, 1 in each hot soup plate and pour the boiling soup over them. Serves 4. Pass croutons.

Variation: When the consommé begins to cook, add 1/2 cup of tomato purée and 1 teaspoon of powdered fennel.

Lemon Soup

1/3 cup patna rice
1 lemon rind, grated
1/3 cup lemon juice
6 cups chicken broth
3 tbsps. parsley, chopped

Garnish

croutons fried in butter

Wash the rice and soak it all day with the rind, juice, and broth. Fifteen minutes before you serve it, bring it to a boil, cover, and simmer gently 15 minutes. Add the parsley and pass a bowl of crisp croutons. Serves 6.

Macaroni in Brodo

6 or 8 cups rich beef, veal or chicken broth
6 ozs. elbow macroni
salted boiling water
3 tbsps. butter
1/4 cup parmesan cheese

Garnish

1/3 cup parsley, chopped
bowl of parmesan or gruyère cheese, grated

Have the broth hot. Cook the macaroni in boiling salted water until tender, drain and mix with the butter and 1/4 cup of cheese. Stir it into the boiling broth and add the parsley. Serves 6 or 8. This replaces the pasta course. Pass a bowl of cheese.

Variation: Add 1 cup of tomato purée to the broth and proceed as above. Also 1/2 cup (or more) cup of heavy cream can be asked if chicken or veal broth is used.

Nebraska Corn Meal Soup

1 cup onions, thinly sliced
1/3 cup butter
salt and pepper
1/4 cup corn meal
5 cups chicken stock
1 cup heavy cream

Sauté the onions in the butter until they color, and add a little salt and pepper. Stir in the corn meal until smooth, then slowly add the hot stock. Cook 30 minutes in the double boiler, stirring occasionally. Add the hot cream. Serves 5 to 6.

Pearl Barley and Poultry Soup

roast carcass of chicken, duck, turkey, goose, or game
leftover stuffing and gravy
salt and pepper
1 cup carrots, chopped
1 cup celery, chopped and leaves
1 cup onions, chopped
2 whole cloves
1/2 tsp. thyme
1 tsp. marjoram
1 turnip, sliced
1 parsnip, sliced
2 1/2 to 3 quarts water
1 cup pearl barley

Put the disjointed and crushed carcass in a large soup kettle with all the ingredients except the barley. The amount of water depends on how much carcass and bones there are. Cover and simmer gently 2 hours. Strain out the bones and press the vegetables a little against the sieve. Add as much barley as you think you need and cook it in the strained broth until it is clear, about 15 minutes. This is a delicious and nourishing soup. Makes about 2 quarts.

One should never discard any bones of roast poultry or meat without using them for soup.

Potage à l'Avoine

Marc Chevillót, Hotel de la Poste, Beaune

Marc said his mother made this for the children when he was young. He is the 3rd generation to preside over the lovely Hotel de la Poste. Beaune is in the center of the Burgundy wine country and is a delightful town to visit, especially during the vendange. Game is in season then, and with the great burgundies, it is one of life's rich experiences.

1/3 cup butter
2/3 cup fine or steel-cut oats
2 quarts boiling water
6 young carrots, diced
3 leeks, sliced fine
salt

Put the butter in a heavy pot and when it melts, add the oats. Very fine cut oats will make a smooth soup; the coarser will be like porridge. Shake them until they are golden over low heat. Add the boiling water, vegetables, and salt. Cover and cook slowly 45 minutes. Stir occasionally. The consistency would be like cream, so if necessary, add a little boiling water. Use unprocessed oats for a fine and nourishing dish, especially welcome in winter. Serves 4 to 6.

Potage Gruyère

2 cups shredded French gruyère
3 tbsps. flour
4 tbsps. butter
1/2 cup white wine (Neuchatel)
4 cups scalded milk
4 eggs, beaten
chicken bouillon
salt and freshly ground pepper
1/4 tsp. nutmeg
1 jigger kirsch

Accompaniment

croutons fried in butter

Toss the cheese and flour together. Melt the butter in the top of the double boiler and stir in the cheese over simmering water. Add the wine and mix until the cheese is melted and the mixture is smooth. Scald the milk and slowly whisk it into the thickly beaten eggs, then whisk it into the cheese mixture. When smooth and hot, thin with as much hot chicken bouillon as is necessary to make a consistancy like cream. Add the seasonings to taste and the kirsch. This may remind you of fondue—well it tastes like it. Pass the croutons. Serves 6.

Red Wine Soup

1/2 cup butter
2 tbsps. oil
2 small leeks, sliced thin
1/3 cup carrots, finely diced
1 small white turnip, diced fine
1/3 cup onions, finely chopped
1 tsp. chervil
1 tsp. basil
1 1/4 cups good red burgundy
6 or 7 cups beef bouillon
1 tbsp. semolina
parsley or chervil, chopped

Garnish

croutons fried in butter

Heat the bouillon. Melt the butter, add the oil and the very finely diced or chopped vegetables. Stir them over low heat with a wooden spoon until they begin to soften, being careful not to let them brown. Add the herbs and heat the wine. Add wine to the vegetables and reduce by half. Scrape them into the double boiler. Stir in the heated bouillon. Cover and cook over simmering water 1 hour. Stir in the semolina, or cream of wheat, and cook 10 minutes longer, uncovered. Sprinkle with either fresh herb and pass a bowl of crisp croutons. Serves 6.

Italian Rice Soup

6 cups veal or chicken broth
1/3 cup Italian or patna rice
1/3 cup onions, finely diced
1/3 cup carrots, cut in julienne sticks.
2 eggs, beaten
1/4 cup parmesan cheese
1/2 cup parsley, chopped

Garnish

bowl of parmesan cheese

Soak the rice several hours in the broth, so it will cook more quickly. Add the onions and carrots and simmer gently 15 or 20 minutes before serving. Beat the eggs until thick, in the bottom of the soup tureen and stir in the cheese. Pour the boiling soup over the eggs and add the parsley. Serves 6. Pass a bowl of cheese.

Rice Soup with Liver Quenelles

6 cups rich chicken consommé
1 cup patna rice, cooked
2 or 3 tsps. curry powder

Garnish

liver quenelles (p. 317) or pea-sized balls of pâté de foie gras

Cook 2/3 cup of patna rice in 1 1/3 cups of chicken consommé or use leftover cooked rice. Purée half of the rice in the chicken consommé and add the rest of the rice and stir in the curry powder. Put 4 or 5 tiny quenelles or the balls of pâté in each plate of soup. Serves 6 to 8. If 8 are served, a little consommé may be added.

6.
French Provincial and Mixed Vegetable Soups

Cream of Fresh Herbs Soup

1 cup romaine lettuce, finely shredded
1 cup watercress or spinach, finely chopped
1 cup sorrel, finely chopped
1 tbsp. fresh tarragon, minced
1 tbsp. fresh chervil, minced
1 tbsp. fresh parsley, minced
1/3 cup butter
5 or 6 cups rich chicken broth
salt and pepper
1 cup heavy cream, scalded
2 egg yolks

Garnish

small croutons fried in butter

The vegetables must be finely chopped and shredded because the soup is not strained. Melt the butter in the top of the double boiler over simmering water and add all the greens and herbs, cover and cook 10 minutes. Bring the broth to the boil and pour it over the herbs and greens and let it infuse several hours with the heat turned off. Keep it almost covered. Season to taste with salt and pepper when ready to serve, and bring to a boil over direct heat. Scald the cream and stir in the egg yolks and whisk into the soup. Serve with crisp croutons. Serves 6 or 8 depending on how much broth is added.

Crème des Legumes

Le Bossu, Lyons

3 medium-sized potatoes, peeled and diced
4 leeks, sliced
3 young carrots, sliced
3 ripe tomatoes, skinned and sliced
salt and pepper
4 cups water
1/3 cup heavy cream
1 egg yolk

Garnish

buttered croutons

Prepare the vegetables, season and cook gently in the water for 1 hour. Purée the contents of the pot. When ready to serve, reheat the soup. Scald the cream, mix it with the egg yolk and whisk it into the soup. Do not boil again. Pass a bowl of croutons fried in butter. Serves 6.

Giuseppina's Minestra Matta

Josephine's Mad Soup

This is a favorite with Giuseppina's family, and very good it is, too; they call it mad because it has no meat in it?! Enjoy it!

4 ounces streaky salt pork, diced
1/3 cup parsley, minced
3 cloves garlic, crushed
1/2 cup onions, chopped
6 cup chicken or meat broth

Heat the broth to the boiling point. Slice the pork, then dice it. Put it in a heavy pot over low heat until it begins to color. Stir in the parsley, garlic, and onions 3 or 4 minutes, then add the boiling broth. Simmer gently 20 minutes.

Herb Gardeners' Soup

1/2 cup closely packed fresh herbs: tarragon, basil, thyme, chervil, savory
1/4 cup butter
4 cups water or chicken consommé
salt and pepper
3 tbsps. herbs, minced
2 eggs, beaten

Garnish
buttered croutons

The herbs are finely chopped in a wooden bowl. Turn them in butter 2 minutes. Then add boiling water or consommé. If water is used, 2 teaspoons of chicken soup concentrate may be added and the salt skimped. Add pepper. Simmer gently 10 minutes. Add the raw minced herbs for extra bouquet. Beat the eggs until thick, in a tureen and pour the boiling soup over them. Serve with crisp croutons. Serves 4.

Mathilde's Vegetable Soup

1/3 cup butter
2 leeks, sliced
1 onion, minced
6 ounces mushrooms, sliced
2 tbsps. flour
salt, pepper, paprika
6 cups hot chicken consommé
1/2 pound tomatoes, skinned, seeded
3 tbsps. rice
1/2 cup heavy cream

Garnish

1/2 cup each, cooked peas, green beans, button mushrooms and carrot balls

Cook the leeks, onion, and sliced mushrooms 2 or 3 minutes over low heat then stir in the flour until smooth and add seasonings. Add the hot consommé, tomatoes, and rice. Cover and cook gently 20 minutes. Purée the soup and add the cream. The garnishes are best cooked separately in a heavy pot, each with 2 tablespoons of butter and 2 of water, covered tightly and steamed tender. The peas take 8 to 10 minutes, so do the beans, carrots. The mushrooms take about 4 minutes. Add all the garnishes to the hot soup. Serves 6 to 8.

Minestrone

1 cup chick peas, kidney, or white Italian beans
1 quart water
3 cloves garlic, crushed
3 strips bacon or ham fat
3 tbsps. butter
1 1/2 cup onions, chopped
1 cup celery, sliced
2 potatoes, diced
1 small zucchini, sliced
2 quarts veal or chicken stock
1 carrot, thinly sliced
2 cups spinach, finely shredded
2 tsps. basil
1/2 cup fresh basil, if available, shredded
2 cups tomatoes
2 tsps. marjoram
salt and pepper
1 lemon, grated
juice 1/2 lemon
3/4 cup tiny egg noodle shells
2 tbsps. parsley, chopped
1/2 cup parmesan cheese

Garnish
bowl parmesan cheese

Wash the peas or beans and soak them 6 hours or overnight in 1 quart of water. Do not drain them but add the garlic and let them cook, covered, at a simmer, 1 1/2 hours. Cut the bacon in small pieces and sauté it in butter or use ham fat. When the bacon begins to color, add the onion and cook until it softens, then stir in the vegetables. When the beans or peas are tender, stir in the vegetables. Add the boiling stock and carrot. Cover and simmer 10 minutes, then add all the seasonings, spinach, tomatoes, salt, pepper, lemon rind, juice, and noodle shells. Simmer gently 20 minutes and stir in the parsley and cheese. This is a thick, filling soup and the meal may be completed with a salad, red wine, and dessert. There are other additions to this soup: shredded cabbage, cooked sliced Italian sausages and 1/2 to 1 cup of white wine. Minestrone may be made with fresh beans or peas instead of dried. They are cooked a short time and then the procedure is the same. Pass a bowl of cheese to sprinkle over the soup. Serves 10.

Potage Chaumière

La Chaumière, 35, rue de Beaune, Paris

Cheft Andrillon gave me this fine soup recipe. M. et Mme. Richard, the hosts of this neighborhood restaurant, are old friends now because La Chaumière has been our standby for years, in rain or shine. The restaurant is small and homelike, but it is one of the Hundred, which is a great honor in Paris.

1 1/2 pounds potatoes, diced
4 young carrots, diced
4 white turnips, peeled and diced
2 leeks, sliced fine
1/2 cup celery, sliced
1 cup onions, diced
1/3 cup butter
2 tbsps. oil
2 quarts beef or chicken consommé
salt and pepper
1 1/2 cups small cubes of boiled beef

Heat the consommé to a boil. Stir all the vegetables in the butter and oil, 3 or 4 minutes over low heat. Do not brown. Add the boiling consommé, cover and simmer gently 25 minutes. Add the boiled beef and serve in a marmite or soupière. Serves 8.

Potage Forestière

- 1/2 cup white turnips, cut in julieene sticks
- 1/2 cup carrots, cut in julienne sticks
- 1/2 cup leeks, thinly sliced
- 1/2 cup green onions, sliced
- 3 tbsps. butter
- 6 cup boiling chicken consommé
- 4 ounces fresh mushrooms
- 3 tbsps. butter
- 1/4 cup vermicelli
- 1/2 cup heavy cream
- 3 tbsps. parsley, chopped

Put all the vegetables in a heavy pot with 3 tablespoons butter, cover tightly and steam 2 or 3 minutes without burning them. Add the hot consommé. Sauté the sliced mushrooms in the butter 2 minutes and add them and the vermicelli to the soup. Simmer 15 minutes. Stir in the heavy cream. Add the chopped parsley. Serves 6 to 8.

Soupe au Pistou

This great Provençal soup is perhaps the French version of Minestrone. The usual method is to put various vegetables in a kettle of water but I have found that cooking the vegetables separately and using chicken broth makes a much better soup.

1/2 cup dried lima or white beans
5 cups chicken broth
1 1/2 pounds fresh peas
2 tsps. basil
salt and pepper
butter
1/2 pound fresh green beans
1/2 tsp. rosemary
1 or 2 small zucchini, sliced
1 small green pepper
6 white onions, sliced
1 medium-sized tomato, skinned, seeded, chopped or 1/2 cup canned tomatoes
1 12-ounce can white shoe-peg corn or 1 cup fresh cooked corn
1 clove garlic, crushed
1/2 cup egg noodle shells

Pistou Sauce

6 large cloves garlic, crushed
large handful parsley, chopped
1/2 cup olive oil
1/3 cup soup broth

Garnish

bowl parmesan cheese

Soak the dried peas overnight and cook in very little water until tender. Put broth in a large soup kettle and as the vegetables are cooked, add them with their cooking liquid. Add the dried beans. Cook the peas in a pat of butter, 1/3 cup of water and the basil, salt, and pepper, covered tight over a low flame for 8 or 10 minutes. (1 minute in pressure cooker) Add peas and liquid to soup kettle. Cut the beans in inch lengths and cook them 10 or 12 minutes with rosemary, salt, and pepper, a pat of butter, and 1/2 cup of water. (3 minutes in pressure cooker) Add the beans to soup kettle. Slice the unpeeled zucchini and cut the seeded pepper in fine strips and cook with 1/3 cup water, tightly covered for 5 minutes. Add to soup. Sauté the onions in butter until tender without browning them and add salt and pepper. Add to the soup with the tomato, corn, and garlic. Cook the noodles in salted water until tender, drain, and add them to the soup. The soup is not to be dominated by either tomato or noodles. This recipe makes 3 quarts of soup and will serve 10 or 12. It may be made ahead of time and warmed

(continued)

up before serving. The pistou sauce is passed and each person stirs a spoonful of it into the soup. Its fragrance is fascinating. A bowl of cheese is passed to sprinkle over the top.

Pistou sauce: Put the crushed garlic in a mortar and stir the finely minced parsley into it with a pestle (*pistou*) then add the oil a little at a time, then the broth. It may be served out of the mortar. More may be needed to serve 10 or 12, so increase the ingredients accordingly.

Soupe de Cahors
Tourrin

3 tbsps. goose fat
2 cups onions, chopped
4 ounces sorrel, minced
4 cloves garlic, crushed
2 tbsps. flour
6 cups chicken consommé
2 tbsps. tomato paste
neck or leg of preserved goose (confit d'oie)
3 egg yolks

There are a number of these regional soups; their vegetables vary but goose fat is always used. Color the onions in the goose fat in a heavy pot, and when they begin to soften, stir in the finely minced sorrel and garlic. Simmer gently a minute, then stir in the flour until it is blended. Add the hot consommé, tomato paste, and goose. Cover and simmer very gently 30 minutes. Beat the yolks in a warmed tureen and whisk in the hot soup. Serves 6.

Tourrin

Jean Moussié
Bistro 121, Paris

M. Moussié comes from Figeac in the Quercy where this wonderful soup comes from. People come to this very popular restaurant for its many specialities: moules farcis, fish soup, beef and fish, country pâtés, etc. A warm welcome is given to guests by his charming wife and daughter. Reservations are necessary since they are apt to turn away 20 during an evening.

4 medium-sized onions, chopped
4 cloves garlic, crushed
1 1/2 pounds turnips, peeled and sliced
1 pound snow peas (mangetout)
1 1/2 pounds skinned tomatoes, seeded and chopped
2 tbsps. duck or goose fat
2 tbsps. oil
2 quarts chicken consommé
salt and pepper
3 eggs, beaten
Toasted bread

Prepare all the vegetables and stir them with the duck or goose fat over low heat in a heavy pot, until golden. (*M. Moussié said of course butter can be used, but the duck or goose fat gives the dish a fine fragrance. He also said if consommé is not available, water can be used. Always add a little wine if water is used; the consommé is better.*) Add the boiling consommé to the vegetables, cover and simmer gently 15 or 20 minutes. When ready to serve, mix the beaten eggs with a little soup and then whisk it into the rest of soup. Do not boil again. Put a piece of toasted bread in each wide soup plate and ladle the soup over it. The toast may be served separately, if you prefer. It is supposed to serve 6, but I'd say nearer 8 to 10.

Soupe Engadinoise

Auberge du Lion d'Or, Cologny Geneva

1 carrot, chopped
1 onion, chopped
2 leeks, sliced thin
1 white turnip, diced
1/2 cup celery, sliced
3/4 cup butter
6 cups water
1/3 cup pearl barley
4 ounces dried beef, cut in small pieces

Melt 1/3 cup of the butter in a soup kettle and turn the vegetables in it with 1/4 cup of water, over low heat. Cover and let them steam a little. Boil the rest of the water and add it with a little salt (the meat may be salty), cover, and cook 40 minutes. Skim. Add the barley and cook 30 minutes more. In another pot, soften the meat in 2 or 3 tablespoons of the butter. When the soup has cooked, add the meat and cook 3 minutes. At the moment of serving, add the rest of the butter. This is a soup of the mountain people. Serve it with black bread and cheese. Serves 4.

Soupe Provençale

3 potatoes, peeled and diced
3 large ripe tomatoes, skinned and crushed
2 cloves garlic, crushed
1/2 cup onions, chopped
1/3 cup butter
5 cups water or broth
salt and pepper
1 medium to small eggplant, peeled and cubed
2 tbsps. butter
2 tbsps. olive oil

Bring the water or broth to a boil. Put the potatoes, tomatoes, garlic, and onions in the soup kettle with the butter and stir 3 or 4 minutes. Add the boiling water or broth. It is a good idea when using water to add 2 teaspoons of chicken soup concentrate. Cook, covered, 15 minutes then purée the soup and check for seasonings. The eggplant has been peeled and cut into inch cubes. Soak it 1/2 hour in salted water. Rinse and dry the cubes. Toss them in hot oil and butter, then bake them 10 minutes in a 350° oven. Reheat the soup and add the eggplant cubes. Serves 6 to 8.

Spring Soup

1 pound potatoes
2 young carrots, sliced
2 cups water
2 bunches green onions
1 cup lettuce, finely shredded
1/4 cup butter
2 tbsps. oil
salt and pepper
4 cups chicken broth
2/3 cup heavy cream, scalded
2 egg yolks

Garnish

chives, minced

Peel the potatoes and dice finely. Slice the carrots very thin. Put them in a pot with the water, add salt, cover, and cook until tender. Purée them with their cooking water. Soften the sliced green onions and shredded lettuce in the butter and oil for about 3 minutes, stirring so they will not burn. Empty them into the purée. Add the warm broth and mix well. If too thick, add a little broth or water. Reheat when ready to serve, scald the cream and mix it with the egg yolks. Stir it into the hot soup but do not boil again. A pound of fresh peas cooked with basil may be added, if desired. Serves 8.

Velouté Dominique

Maurice Cazalis, Chartres

A memorable day in Chartres may be spent viewing the Cathedral in different lights, first in the morning, then lunching at Henri IV, 31 rue du Soleil d'Or; then back again to the Cathedral. The restaurant menu may have listed something to entice you back for dinner. In the evening, lights are played on the cathedral's exterior bringing out carvings and architectural details in relief, likely to be missed in daylight.

4 large potatoes, peeled and diced
1 celery root, peeled and diced
1 1/4 cups water
salt and pepper
2 cups rich chicken stock
1 cup light cream, scalded
1 cup heavy cream, scalded
2 egg yolks

Accompaniment

small croutons fried in butter
bowl of grated gruyère cheese

Put the prepared vegetables in a heavy pot with the water, salt and freshly ground pepper. Cover and cook over low heat until they are soft. Purée with the water they cook in and add the chicken stock and hot milk. Mix the hot cream with the egg yolks and whisk it into the hot soup, reheat, but do not boil again. If too thick, add a little more stock before the milk and cream are added. Serves 6 or 8. Pass bowls of grated Gruyère cheese and croutons.

7.

Borschts, Gazpachos and Russian Soups

To Prepare Beets for Soups

To preserve the color and flavor of beets, cook them separately. Be sure they are scrubbed clean, as the water they cook in goes into the soup. The stems and leaves are removed with a good inch of the beet so they won't "bleed." Cook beets in 3 or more cups of water as specified in the recipes, until tender. Young small beets take 18 or 20 minutes, old large beets take longer. They are tested with a cake tester. They are skinned and diced or puréed as specified.

Borscht

2 bunches new beets
2 cups water
2 cups beef consommé
1 1/2 cups tomato purée
1/2 cup red wine
salt and pepper
1 onion, chopped
juice 1 orange and rind, grated
1 tbsp. brown sugar
1/2 tsp. caraway seed or powder
1/4 tsp. clove

Garnish

sour cream

Scrub the beets well as the water they cook in is used in the soup. Cut off the stems no less than an inch from the beets. Cook beets just long enough so the skins are easily slipped off. Strain the beet water into the consommé and add the skinned beets and the rest of the ingredients and simmer gently 30 minutes. Remove 2 beets, dice and reserve them. Strain the rest of the beets and the soup through a sieve or purée in the electric blender and return the diced beets to the soup. Taste for seasoning; it may need salt, more sweetening and a little lemon juice. This is good cold in summer or hot in winter. Pass a bowl of sour cream. Serves 8.

Baltic Borscht

2 pounds neck or breast of lamb, or 2 1/2-pound chicken, or 2 pounds Gras Double (smooth, fat tripe, not honeycomb)*
1/2 cabbage, shredded
4 potatoes, peeled and diced
1 carrot, sliced
1 parsley root, scraped and diced
1/2 cup celery, sliced
1/2 cup onions, diced
1/3 cup patna rice
2 quarts water
1 bunch of new beets
2 tbsps. vinegar
2 tbsps. tomato paste
salt and pepper
2 tbsps. sugar
2 tbsps. fresh herbs minced: chives or parsley

Garnish

bowl of sour cream

The lamb should be cooked in the 2 quarts of water 1 1/2 hours. The chicken is cooked in the water 35 minutes. The tripe is prepared according to the note below and then cooked with the vegetables and rice 30 minutes. The lamb and chicken, after the specified times given, are cooked 30 minutes with all the vegetables and rice. Salt and pepper are added with the vegetables. When you begin cooking the meats, 2 or 3 teaspoons of chicken soup concentrate and beef glaze, pea-size, may be added for flavoring the meat or chicken. The beets are scrubbed and trimmed within an inch of the beet and cooked in 2 1/2 cups of water and the vinegar. Skin and cut in julienne sticks, return to their cooking water with the tomato paste, salt, pepper, and sugar. Add the beets and their cooking liquid to the soup. Drain out the meat (lamb or chicken) and serve it separately. Add the minced herbs to the soup, reheat and serve with a bowl of sour cream. Serves 6 or 8. Cook more meat if you wish to serve 8 or 10.

*Preparation of tripe: Blanch the tripe 3 or 4 times in boiling water, draining each time. Put it in a kettle with 1 1/2 cups minced vegetables: onions, carrots, turnips and 2 cloves of crushed garlic. Add 6 cups of water, cover, and simmer 6 hours. Cut it in 2-inch pieces.

Borscht Froid

Auberge du Lion d'Or, Cologny Geneva

M. Jacques Lacombe says this is très agréable l'été. *I assure you it may include spring and way into the fall.*

1 bunch new beets (1 1/4 pounds)
1/4 cup wine vinegar
2 medium-sized cucumbers, peeled and diced
1 white onion, diced
6 cups sour cream
3 1/2 ounces bread crumbs
2 tbsps. sugar
salt
1 1/2 tbsps. English mustard

Garnish

bowls of diced cucumbers, diced beets and 3 hard-boiled eggs, chopped

Wash the beets and remove the stems to within 2 inches of the beets. Boil them until tender with 1 tablespoon of the vinegar. Skin and dice them, reserving 2/3 cup for the garnish. Put the rest of the beets in an earthenware bowl with the rest of the vinegar, the cucumber—reserving 1/2 cup for garnish—the diced onion, sour cream, bread crumbs, sugar, salt, and mustard. Let the mixture marinate all day, then purée it in the blender. Serve cold, accompanied by the bowls of garnish. Serves 8 or 10.

Polish Borscht

Meat soup

1 1/2 pounds chuck
1 slice ham
1 cup onions, chopped
2 carrots, chopped
2 leeks, sliced
1 tsp. marjoram
game or duck carcass if available
salt and pepper
water to cover
2 smoked pork chops
2 ounces dried mushrooms, previously soaked
2 bunches beets
2 cups water
1 tbsp. sugar
juice of 1 lemon

Garnish

bowl of sour cream

Put all the ingredients for the meat soup. Cover and simmer 1 1/4 hours, then add the chops. Cook 45 minutes more. Sieve the soup. Separate the meat from soak them an hour in 1 cup of water. Water and mushrooms are added to the soup. Cover and simmer 1 1/4 hours, then add the chops. Cook 45 minutes more. Sieve the soup. Separate the meat from the bones, cube, and return to the soup. Wash the beets and cut the leaves and stems within an inch of the beet. Cook them until tender in the water, drain, and keep the cooking water. Skin the beets, slice them, and cut them in sticks. Season the water with the sugar and lemon juice and add the beets and water to the soup. Pass a bowl of sour cream to add to the soup. Serves 8.

Russian Borscht

2 bunches new beets
3 cups water
1/2 cup tomato purée
1 small young cabbage, shredded
1/2 cup carrots, diced
3/4 cup onions, diced
4 cups beef bouillon
salt and pepper
2 tbsps. vinegar
2 tbsps. brown sugar
2 bay leaves

Garnish

bowl of sour cream

Trim and cook beets in the water as directed in the note above. Skin and dice them quite fine and return them to their cooking water and mix in the tomato purée. Shred the cabbage by quartering it and then cutting it in the thinnest possible slices. Put the cabbage, other vegetables, and bouillon in another kettle with the seasonings, cover and cook for 20 minutes. Add the beets and the beet water to the soup and check the seasoning; it may need more vinegar and sugar. Borscht may be served cold in summer or hot in winter. It should stand several hours to ripen in either case. Pass the sour cream. Serves 10 or more.

Ukranian Borscht

1 1/2 pounds beets
4 cups water
4 ounces salt pork, sliced and diced
2 potatoes, peeled and diced
1/2 cup onions, diced
2 cloves garlic, crushed
1 ready-to-eat German or Polish sausage
2 cups beef stock
3 tbsps. butter
salt and pepper
2 tbsps. vinegar
2 tbsps. brown sugar

Garnish

bowl of sour cream

Cook the beets according to the note above, in 4 cups of water. Skin and slice them and purée them in their cooking water. Fry the salt pork until it begins to color, then add the potatoes and onions. Cover and steam tender at low heat, then add the garlic. Slice the sausage and fry it in butter until golden on both sides. Season the potatoes and onions and add them to the beet purée. Add the beef stock. Season to taste with the vinegar and sugar, adding more if necessary. Add the sausage. If mixture is too thick, add a little boiling water or more stock, but the soup should be quite thick. Pass the cream. Serves 8.

Cold Cucumber and Beet Soup

Polish

4 ounces pickled cucumber, chopped fine
1 cup sour milk or buttermilk
1 bunch new beets
3 cups water
1 tsp. powdered fennel
salt and pepper

Garnish

3 hardboiled eggs, sliced
1/2 pound fresh cooked shrimp
1/4 cup chives, chopped
1 cucumber, sliced

Let the chopped pickled cucumbers marinate an hour in the sour milk or buttermilk, in the refrigerator. Wash and remove the stems of the beets to within an inch of the beets. Cook them until tender in 3 cups of water. Drain out the beets but keep the water and add fennel, salt, and pepper to it. Skin and cut the beets into julienne sticks and return them to the beet water. Stir in the pickled cucumber mixture and chill the soup. Serve the soup in wide soup plates and garnish each plate with the eggs, chives, shrimp and cucumbers. Serves 6.

Gazpacho Andaluz
Ritz Hotel, Barcelona

Senor Gotanegra is the chef of this lovely hotel. He is and can be more intrepid with this native soup than M. Force, the French chef of the Ritz in Madrid who also gave me a gazpacho. He raised an eyebrow at the mayonnaise but I assure you it is a fine-tasting, velvety textured soup. Serves 10.

8 ripe tomatoes, skinned
3 green peppers
1 medium onion, peeled
1 tsp. red pepper
1 clove garlic, crushed
2 cucumbers, peeled
salt and pepper
1 cup water
2 tbsps. wine vinegar
1 cup mayonnaise (p. 318)

Accompaniment

small bowls of diced cucumbers, skinned, seeded, chopped tomatoes, finely sliced green onions, small croutons fried in butter

All the vegetables are chopped, ground and puréed with the water until smooth. Season the mixture. Add the vinegar and sieve the contents. Then whisk in the mayonnaise. The soup is creamy and smooth. It is served chilled with the accompaniments above.

Gazpacho Blanc

6 cloves garlic, crushed
3 tbsps. bread crumbs
3 cups bouillon, veal or chicken
2 skinned tomatoes
1/2 glass vinegar
2 cups water
1 sweet pepper, ground
1 hot pepper, ground
salt and pepper
2 tbsps. parsley, chopped
2 cups cream

Grind all the vegetables very fine, except the parsley. Add the fine crumbs, seasonings and liquids, except the cream. Let this infuse several hours. Slowly add the cream. Sprinkle with parsley and serve ice cold. Serves 8.

Gazpacho Extremeño

Georges Force, Inspector de Cocina
Hotel Ritz, Madrid

M. Force has had a varied career, including time spent at the Barclay in Philadelphia, and in Sweden, Malta and Bombay. In fine weather, tables are set out on a terrace, in a garden overlooking the Prado, which makes dining here the most attractive in Madrid.

3 cloves garlic, crushed
1 tsp. red pepper
2 large tomatoes, skinned
1/2 cup olive oil
2 green peppers, chopped fine
1 cucumber, peeled and chopped fine
1 medium onion, chopped fine
1 quart water
6 slices French bread, cubed
1/4 cup wine vinegar
salt
2 tsp. cumin powder

Garnish

bowls of croutons fried in oil, cubed cucumber, cubed green pepper, skinned, chopped tomato, sliced green onions

Put the crushed garlic in the blender with the red pepper and 1 of the skinned, sliced tomatoes. Purée until smooth, then add the olive oil. Puree until a liquid. Put the pepper, cucumber, and onion, all chopped fine, in the water with the bread and let it stand 30 minutes, then add the blender mixture and purée it a little at a time until smooth. Chill several hours. Stir it well before putting in 8 or 10 wide soup plates. Serve the accompaniments in separate bowls so a little of each may be added to the top of the soup.

Rassolnik

2 veal kidneys
4 tbsps. butter
6 or 7 cups chicken or veal broth
1 carrot, chopped
1 onion, chopped
2 salted cucumbers, sliced
1/2 cup patna rice
1 1/2 cups chicken broth

Garnish
sliced cucumbers
sliced hardboiled eggs

Sauté the kidneys on both sides 1 minute in hot butter. Slice them through lengthwise and cut off each segment. Put the kidneys in the broth with the vegetables, and salted cucumbers. Cover and simmer gently 15 minutes. Strain the soup and retrieve all the kidneys. The patna rice has been washed and soaked in the broth several hours. Put the rice and broth in the strained soup and cook it, covered, over very low heat about 18 minutes until the rice is tender. Return the kidneys to the soup. Reheat to serve and garnish each soup plate with 2 or 3 slices of cucumber and sliced eggs. Serves 6 or 8.

Russian Stahi

3 pounds chuck or brisket
2 quarts water
2 onions, sliced
2 carrots, sliced
2 turnips, sliced
3 tbsps. parsley, minced
salt and pepper
1 new cabbage, shredded
4 ounces spinach, chopped
4 ounces sorrel, chopped

Garnish

bowl of sour cream.

Put the meat in a large kettle and add the water. When it comes to a simmer, skim it. Add onions, carrots, turnips, and parsley. Cover and simmer 2 1/2 hours. Add salt and pepper and the finely shredded cabbage. After 15 minutes' cooking, add the spinach and sorrel and cook 15 minutes longer. If the soup is too thick, add some boiling water. Serve the meat separately. Pass the sour cream with the hot soup. Serves 6 or 8.

8.

Vegetable Soups

Artichoke Soup

4 large artichokes
1 quart water
juice of 1 lemon
1 quart rich chicken broth
1 clove garlic, crushed
1 cup dry white wine
1 tbsp. cornstarch
1 cup heavy cream, scalded
2 large egg yolks
1/2 pound button mushrooms
3 tbsps. butter
parsley, minced

Wash the artichokes and put them in a kettle with the water and lemon juice. Cover and boil them for 35 minutes. Drain and pick off all the leaves. Remove the chokes. Hold the point of each leaf and scrape the soft part into a bowl. Slice the artichoke bottoms. Purée the bottoms and scrapings of the leaves in 2 cups of the broth. Boil the other 2 cups of broth with the garlic, 2 minutes and combine with the purée. Blend the cornstarch with the wine and add it to the soup and let it come to the boil when ready to serve. Meanwhile trim and clean the mushrooms and bake them 8 minutes in the butter. Scald the cream and mix it with the egg yolks and add it to the hot soup. Do not boil again. Put the mushrooms and juices in the soup and sprinkle with chopped parsley. Serves 8.

Avocado Soup

1 large ripe avocado
4 cups chicken broth
1 tbsp. white onion, grated
2 or 3 tsps. curry powder
salt and pepper
1 cup heavy cream
1/3 cup madeira

Sieve or purée the avocado with some of the broth and add all the broth and seasonings. Add the cream and wine. Serve hot or cold with a mixture or any 1 of the garnishes. Serves 6.

Garnish

avocado balls
pitted cherries
seedless grapes
melon balls

Bread and Sorrel Soup

1/2 pound sorrel
1/2 cup fine fresh bread crumbs
1/4 cup butter
salt and pepper
1 tsp. sugar
4 cups boiling water or broth
1/2 cup heavy cream
3 egg yolks
3 egg whites, beaten stiff

Wash and trim the sorrel. Put the crumbs in a wooden bowl and add the sorrel and chop it very fine. Put it with the butter in a heavy pot and cook until it softens—about 2 minutes—over low heat. Season with salt, pepper, and sugar. Add the boiling water or broth and simmer gently 15 minutes. Scald the cream, mix it with the egg yolks and whisk it into the hot soup. Beat the whites until stiff and put them in a warmed tureen. Whisk the hot soup into them. Serves 5 or 6.

Variation: The soup may be puréed before the cream and eggs are added. The scalded cream is added and the boiling soup is poured over 3 thickly beaten whole eggs. The soup can be served cold with chopped chives added.

Note: When sorrel is not available, watercress and the juice of 1/2 lemon may be used.

Broccoli Soup

1 bunch young broccoli
1 1/2 cups salted boiling water
1/3 cup onions, diced
3 tbsps. butter
1 can vegetable juice
2 cups chicken broth
1 cup light cream
salt and pepper

Garnish
bowl of grated gruyère cheese

Soak the broccoli in cold salted water 1/2 hour, drain and rinse. Trim the stems of hard outer skin. Slice the stems very fine and put them in a heavy pot with the separated flowerlets on top. Add the boiling salted water, cover, and steam tender. Reserve 1/2 cup of the flowerlets for garnish. Purée the rest of the broccoli with its cooking water. Soften the onion in the butter until it colors, then add it to the purée with the vegetable juice and chicken broth. Thin with the cream and season with salt and pepper. The soup should be the consistency of cream and if too thick, add more broth or cream. Pass the cheese. Serves 8.

Brussels Sprouts Soup

1 quart brussels sprouts
3 tbsps. butter
3 tbsps. onions, minced
6 cups rich chicken or veal consommé
2 tbsps. lemon juice
2 tbsps. cornstarch
1/4 tsp. nutmeg

Garnish

chopped parsley and small sprouts

Trim and wash the sprouts. Remove some of the outer leaves of 16 sprouts to make them small to garnish the soup. Put the leaves with the rest of the sprouts; heat slowly with the butter and onion in a heavy pot, stirring for 1 minute. Add 5 cups of consommé, heated. Cover and cook until the sprouts are tender, then purée the contents of the pot. Cook the 16 small sprouts in the other cup of consommé until they are just tender. Drain the liquid into the soup. Blend the lemon juice with the cornstarch and thicken the soup as much as is needed—it must be like cream. Reheat to serve, add parsley and 2 sprouts in each hot soup plate. Serves 8.

Variation: Cream of Brussels Sprouts. Omit the cornstarch and scald 3/4 cup of heavy cream, blend it with 2 egg yolks and add this to the hot soup. Do not boil again.

Cream of Chard

1 1/2 pounds chard
2 cups chicken or veal stock
salt and pepper
1 onion, chopped
2 tbsps. butter or bacon fat
1 cup light cream
milk or stock for thinning

Garnish

grated cheese or minced green onions

Wash and trim the chard. Cut the stalks in 1 inch lengths and put them in a heavy pot with 1 cup of the stock and season with salt and pepper. Let this simmer, covered, 2 minutes; add the leaves, cover tightly, and cook until tender. (It takes 1 1/2 minutes in the pressure cooker.) Meanwhile soften the onion in the butter or bacon fat. Combine it with the chard when it is cooked and purée it in the blender with the other cup of stock and light cream. Thin with either stock or milk, to the consistency of cream. Reheat to serve, and garnish if you wish. Makes 6 cups or more. Chard makes a very good soup.

Cream of Fava Beans

1 cup fresh fava beans
1 cup onions, diced
4 slices bacon
2 tbsps. butter
1/2 cup white turnips, diced
1/2 cup carrots, diced
1/2 cup celery, diced
salt and pepper
4 cups water
2 tsps. chicken soup concentrate
light cream

Shell the beans. Fry the bacon in the butter. Remove the bacon; crumble it and reserve. Soften the onions in the fat and then stir in the other vegetables and cook a minute over low heat. Season with a little salt and pepper. Boil up the water with the soup concentrate and pour it over the vegetables. Cover and cook 25 minutes or until the beans are tender. Remove 1/2 cup of the beans and purée the rest of the soup. Return the whole beans and the bacon crumbles. Thin the soup with light cream to the consistency of heavy cream. Makes 8 or more cups of soup.

Cream of Jerusalem Artichokes

1 pound Jerusalem artichokes
1 1/2 cups boiling salted water
3 leeks, sliced fine
3 minced shallots
3 tbsps. butter
4 cups chicken consommé
1 tsp. chervil
1 cup heavy cream
2 egg yolks

Garnish
parsley, chopped

Remove any blemishes from the artichokes and scrub them. Their skin is too tender to peel. Slice them and cook until very tender in the boiling salted water. Mash them through a sieve with their cooking water to remove any coarse skin. Sauté the leeks and shallots in the butter until they color and soften. Mix with the artichoke purée and add the consommé and chervil. Cover and simmer gently 10 minutes. Scald the cream and mix it with the egg yolks and whisk into the hot soup. Do not boil again. Add the chopped parsley. Serves 6 to 8.

Variation: Cook 1 1/2 cups finely diced potatoes with the artichokes and purée them. Thin with a little more consommé. Serves 8 or more.

Cream of Salsify (Oyster Plant) Soup

- 1 1/2 to 2 pounds salsify (oyster plant)
- 1 lemon
- 4 cups boiling water
- 2 tsps. chicken soup concentrate
- 1/4 cup onions, chopped
- 1 tsp. sugar
- salt and pepper
- 1 cup heavy cream
- 2 egg yolks

Peel or scrape the roots and drop them in water with juice of half a lemon to prevent their discoloring. Drain, slice, and put them in boiling water with the juice of the other half of lemon, chicken concentrate, onion, and sugar. Cover and cook until they are tender about 7 to 12 minutes, depending on their age. Purée with the water they cooked in. Add a little more if the soup is too thick. Season to taste. When ready to serve, reheat the soup and add the cream, scalded and mixed with the egg yolks. Serves 6 or more.

Variation: The soup may be made with 4 cups of chicken or veal broth instead of water.

Cabbage and Tomato Soup

1 medium-sized red cabbage
4 tbsps. butter
1/2 cup onions, diced
salt and pepper
4 cups vegetable juice
1 cup tomato purée
1 or 2 tsps. fennel

Shred the cabbage, pour boiling water over it, and drain. Sauté the butter and onion in the soup kettle 1 minute, then stir in the cabbage. Add salt and pepper. Heat the vegetable juice and tomato purée and add to the soup. Add boiling water to cover. Add the fennel, cover, and cook 25 or 30 minutes until the cabbage is tender. Remove 1 cup of cabbage and purée the rest, then return the cup of cabbage to the purée. Serves 6 or 8.

Cabbage Soup with Red Wine Limousin

4 ozs. salt pork, diced fine
1 small new cabbage, shredded fine
salt and pepper
4 or 5 cups beef bouillon
1 cup dry red wine

Garnish

bowl of crisp croutons fried in butter

Fry salt pork until golden. Remove the pieces and reserve them. Soften the cabbage in the pork fat, stirring continuously so it does not brown. Season and add the hot bouillon. Cover and simmer 15 minutes. Remove 1 1/2 cups of soup and purée it, then return the purée to the soup. Reheat the soup. Heat the wine and put it in the bottom of the tureen and pour the hot soup over it. Pass the croutons. Serves 6.

Cream of Cabbage Soup #1

6 slices bacon, diced
3 tbsps. butter
1/2 cup onions, chopped
1 young cabbage, shredded
salt and pepper
1 cup light cream
1/3 cup gruyère or parmesan cheese, shredded

Garnish

buttered croutons

Heat the diced bacon in the soup kettle with the butter and when it becomes partly crisp, stir in the onions and cook until they soften. Stir in the finely shredded cabbage, cook 2 minutes, then add 6 cups of boiling water, salt, and pepper. Cover and cook slowly 25 or 30 minutes until the cabbage is tender. Remove 2 cups of the cabbage and purée the rest, then return the 2 cups of cabbage to the purée. Mix the cheese with the cream and heat until it melts, then stir it into the soup. Serve hot with buttered croutons. Serves 6.

Cream of Cabbage Soup #2

3 cups cabbage, finely shredded
3 tbsps. butter
1 bunch green onions, minced
1 small potato, diced
1/2 cup water
salt and freshly ground pepper
3 cups chicken broth
1 cup cream
1/2 to 1 tsp. curry powder

Garnish

bowl of parmesan or gruyère cheese, grated

Put the cabbage in a wooden bowl and chop it very fine; the soup is not to be puréed. Cook the onions in the butter a minute and add the potato. Add the cabbage, water, salt, and pepper. Cover and cook over low heat 15 minutes, stirring occasionally so it does not burn. Add the hot broth and cream blended with the curry. Use more curry if you like. Simmer a minute, then serve the soup in hot plates and pass the cheese. Serves 6.

Consommé with Cabbage

7 cups beef or chicken consommé
3 cups cabbage, finely shredded
1/2 tsp. caraway powder

Garnish

bowl of sour cream or grated cheese

Cook the consommé with the cabbage, season with caraway, for about 25 minutes or until the cabbage is tender. Purée the soup and serve it hot with either sour cream or grated gruyère cheese. Serves 6.

Potato and Cabbage Soup with Knackwurst

4 ounces salt pork, diced
3 tbsps. butter
1/2 cup onions, diced
3 medium-sized potatoes, diced
1/2 new cabbage, shredded
salt and pepper
6 cups water or chicken broth
3 or 4 knackwurst browned in oil
Dijon mustard
1 cup sour cream

Fry the diced salt pork in the butter until crisp. Scoop out the pork pieces and add them to the soup before serving. Stir the onions in the fat 2 minutes, then add the diced potatoes and stir 2 minutes more. Add the finely shredded cabbage, salt, pepper, and hot water or broth. If you like, enrich the water with 3 teaspoons of chicken soup concentrate, in which case, skimp the salt. Cover and simmer 30 minutes. Add the knackwurst and simmer 15 minutes. Remove the sausages, skin and slice them. Spread them with mustard and when ready to serve the soup, brown them in a little oil. Purée the soup, reheat before serving, and if too thick, add a little broth. Return the pork pieces to the soup and stir in the sour cream. Put 3 slices of knackwurst on top of each plate of soup. Makes over 2 quarts.

Savoy Cabbage Soup with Sausage

1 medium-sized curly cabbage, shredded
3/4-pound piece streaky salt pork
1 good-size sausage, Cervalas or Kolbasz
2 cloves garlic, crushed
4 boiled, quartered potatoes
salt and pepper

Accompaniment

Dijon mustard
Alsatian wine or beer
black bread

Sausage should be boiled no longer than necessary or it will lose its pungent flavor. Get enough sausage to serve 6 people. Knackwurst is a fine sausage for this soup but remember that it takes only 10 minutes to cook. If Italian sausages are used they should be browned and then cooked in the soup 15 minutes before it is done. Cervelas, that wonderful Lyonnaise sausage (if you can get it) takes about 20 minutes at the end of the cooking and so does Kolbasz.

Blanch the salt pork in boiling water and drain it. Put it in the soup kettle with 2 quarts of boiling water and when it comes to the simmer, skim it. Cover and cook gently 1 1/2 hours. Add the shredded cabbage and the garlic to the kettle. Simmer 30 minutes. Add the sausage when necessary and the boiled, quartered potatoes. Add more boiling water if the soup is too thick. Check the seasoning.

Variation: 1 cup of diced onions and 1 cup of diced carrots may be added along with the cabbage. Serves 6.

Carrot Soup

6 or 8 new carrots
1/2 cup onions, chopped
2 tbsps. butter
1 12-ounce can vegetable juice
1 12-ounce can carrot juice
salt and pepper
1 1/2 cups grapefruit juice
lemon juice

Put the sliced carrots, onion, and butter in a heavy pot and cook for 1 to 2 minutes over a low flame. Add a cup of the vegetable juice, cover tight, and cook gently until the carrots are tender. This may be done in the pressure cooker which takes 2 minutes and gives a fresh taste. Mix the vegetables, the rest of the vegetable juice, carrot juice and seasonings with an electric blender. Add the grapefruit juice and lemon juice to taste if the soup is too sweet. It is a most delicious soup and may be served hot in winter or cold in summer. Avocado or melon balls make a good garnish. Serves 6 to 8.

For Carrot and Tomato Soup, use tomato juice instead of vegetable juice.

Carrot and Tomato Soup

2 bunches new carrots
3/4 cup onions, diced
1/4 cup butter
2 cups orange or grapefruit juice
salt and pepper
2 cups tomato purée

Garnish

chopped parsley or sour cream

Scrub the carrots and slice them thin. Cook the onions in the butter a minute, then stir in the carrots and cook over low heat 2 or 3 minutes. Add 1/2 cup of juice and the seasoning. Cover and cook slowly until the carrots are done. (It takes 1 1/2 minutes in the pressure cooker if the carrots are sliced thin.) Purée the contents with the rest of the juice; use grapefruit juice if you like the soup less sweet. Add the tomato purée. Reheat. If soup is too thick, add a little more juice. This is good, hot or cold, with chopped parsley added or a blob of sour cream. Serves 6.

Cauliflower and Almond Soup

1/3 cup onions, chopped
3 tbsps. butter
1 small cauliflower
salt and pepper
1 cup boiling water
2 cups chicken broth
1 cup light cream
milk
1/2 cup almonds, sliced, browned

Put the onions in a heavy pot and sauté them in the butter until they color a little. Always choose young, pure white cauliflower—the old is likely to be strong and does not make good soup. Trim the coarse leaves of the cauliflower. Slice only the tender leaves and stalk very thin and add it to the onion. Slice the rest of the cauliflower and add it to the pot with seasonings and boiling water. Cover tight and steam over low heat until it is tender, about 12 minutes. Purée it with the broth, its own juices, and light cream. Thin to cream consistency with milk. It should be creamy smooth. Reheat and sprinkle almonds over each plate of soup. A little grated gruyère cheese may be added to the soup. Serves 6-8.

Cauliflower and Watercress Soup

- 1 medium-sized new cauliflower
- 1 bunch watercress, stemmed and chopped fine
- 1/3 cup butter
- 2 leeks, sliced
- 3 cups salted boiling water
- 2 tsps. chicken soup concentrate
- 1 cup heavy cream, scalded
- 2 egg yolks

It is important to use a young fresh cauliflower—an old, strong one will ruin the soup. Break the cauliflower into flowerets. Put the butter and finely chopped watercress and leeks in a heavy pot and soften it 2 or 3 minutes, then add the cauliflower, boiling salted water, and soup concentrate. Cover and cook until the cauliflower is tender. Purée the contents of the pot. When ready to serve, reheat the soup, mix the cream and egg yolks and whisk them into the soup. A bowl of grated cheese or crisp croutons may be passed if desired.

Celeriac Soup #1

1/2 cup onions, chopped
4 tbsps. butter
1 large or 2 medium-sized celeriacs
2 potatoes, peeled and diced
1 or more quarts chicken broth
salt and pepper
1/8 tsp. nutmeg
2 eggs, beaten

Garnish

buttered croutons

Cook the onion in the butter until it softens, then stir in the celeriac and potatoes for 1 minute. Boil up the broth and pour it over the vegetables. Cover and cook gently until the vegetables are tender. Add seasonings and purée the vegetables with the broth. If too thick, thin with a little hot broth or light cream. Beat the eggs until thick and pour the boiling soup over them—this may be done in the serving tureen. Serve with crisp, buttered croutons. Serves 8.

Celeriac Soup #2

2 celeriacs peeled and diced
1/3 cup onions, chopped
3 tbsps. butter
1 cup boiling salted water
4 cups chicken or beef broth
1/3 cup heavy cream
salt and pepper

Garnish

Italian soup balls (p. 325) or quenelles (p. 324).

Peel the celery root, slice it and dice very fine. Heat the onion in the butter over low heat, then stir in the celery root and cook a minute. Add the water and simmer gently, covered, until tender. Purée the contents of the pot with some of the hot broth, then add it all. When ready to serve, reheat, and add the cream. Check the seasoning. Put 3 or 4 soup balls or quenelles in each plate of soup. Serves 6.

Celery Soup

3 cups celery, sliced and leaves
1 celery root, peeled and diced
1/3 cup onions, chopped
3 tbsps. butter
1 large potato, diced
salt and pepper
1 1/2 cups boiling water
3 or 4 cups chicken broth
1 cup cream, scalded
2 egg yolks
1/3 cup chives, chopped

Garnish

croutons fried in butter

Prepare the celery and root and put them in a soup kettle. Sauté the onion in the butter until it colors, then add it to the celery. Add the potato, salt, pepper, and boiling water. Cover and cook until the vegetables are tender. Purée the contents of the pot with the cooking liquid, adding some of the broth if necessary. Combine with the rest of the broth. When ready to serve, reheat the soup. Scald the cream, stir into the egg yolks and whisk into the soup. Do not boil again. Add the chives and pass a bowl of croutons. Serves 6 to 8.

Celery Soup a la Rocca

Hotel della Rocca, Bazzano

This is an unusual soup but delicious—it is an old recipe from the hotel which has been in the Rocchi *family since 1796! Their "book of documents" with letters and names from over 100 years looks like an Almanach de Gotha. Vittorio Rocchi and his wife are hosts of this charming inn. There is a wonderful outdoor dining garden rising on three terraces, with a backdrop of cypress trees; at night, lights are played.*

Bazzano is an old Roman town, and the surrounding area is dotted with ruins of castles. Vittorio drove us to see a friend nearby, Paolo Neri, who owns a vineyard and a tiny marble chapel, which is attached to his villa. His ancestors are buried in the chapel. We sat drinking one of his good wines at sunset under the trees overlooking the valley. It is these unexpected excursions that make Italy the most delightful place and people to visit.

1 pound celery (6-8 large stalks)
3 inches lemon peel
2 cups water
1/2 tsp. salt
2 tbsps. olive oil
3 tbsps. parsley, minced
2 cloves garlic, crushed
1/2 cup tomato purée
6 or 7 cups chicken or beef broth
6 Italian sausages, browned

Garnish

croutons fried in butter
bowl of parmesan or gruyère cheese, grated

The soup is one of those dishes that were put on the back of the stove all day to ripen. This is a good time to use the outer stalks of a large bunch of celery. Cut the stalks in 1-inch lengths, put in a heavy pot with the lemon peel, water, and salt. Cover and simmer gently an hour. Meanwhile sauté the parsley and garlic in the oil a moment, add the tomato purée, cover, and simmer 10 minutes. When the celery has cooked, add the tomato mixture and the broth. Let stand all day or overnight. Allow 1 whole sausage for each serving. An hour before serving, quickly brown the sausages on all sides, cut each in 4 pieces and put them into the soup. Cover and simmer 1 hour. See that each serving has 3 or 4 pieces of sausage, some celery, and broth. The garnishes are very important. Serves 6 to 8.

Celery and Tomato Soup

1 large bunch of celery
3 yellow onions, sliced
2 carrots, sliced
steak or roast beef bones
1 tsp. beef extract
salt and pepper
3 whole cloves
1 tsp thyme
1 tsp. chervil
1 tsp. basil
1 cup dry white wine
2 tbsps. lemon juice
1 tbsp. brown sugar
1 can vegetable juice
1 15-ounce can tomato purée
cornstarch if needed

Garnish

chopped parsley or sour cream

Clean and thinly slice the celery including the leaves. Put all the ingredients in the soup kettle except the tomato purée. Add water so it can be seen when pressing the ingredients down with a spoon. Cover and simmer gently 1 hour. Remove the bones and discard them. (Never throw away roast bones, without first making soup). Purée the soup. Sieve the soup if necessary to remove celery strings. Add the tomato purée and salt if needed. It should not be necessary to use any cornstarch to thicken it, if it is puréed. Reheat to serve. Add parsley or a dollop of sour cream to each soup plate. Makes 2 quarts.

Turkey Celery Soup

Celery is fine in any vegetable soup but in turkey soup, it has always been a main ingredient.

turkey carcass
leftover dressing
leftover gravy
1 cup onions, chopped
1 cup carrots, chopped or
1 can carrot juice
1 cup dry white wine
1 bunch celery, thinly sliced
1 tsp. thyme
1 tsp. basil
1 tsp. chervil
1 can vegetable juice
salt and pepper
water to cover

Break up the carcass and bones as much as possible and put them in a large soup kettle. Add all the ingredients. Cover and simmer gently 2 hours. Strain the soup and let it cool. Keep it in the refrigerator in glass screw-top jars. It is a fine broth to serve alone or as a base for another soup. A bowl of crisp croutons is always a welcome addition to clear soups.

Chestnut and Chicken Soup

1 pound fresh chestnuts
2 1/2 pounds chicken breasts and legs
1 carrot, sliced
1 onion, sliced
bouquet garni: parsley, thyme, basil
1 cup dry white wine
6 cups chicken broth
1 jigger cognac
1 cup heavy cream, scalded
2 egg yolks
1/2 cup almonds, sliced, browned

Put the chestnuts in cold water and heat; when it comes to the boil, cook for 1 1/2 minutes. Turn off the heat and shell and skin the chestnuts while warm, lifting 3 or 4 from the water at a time. Cut them in half and put them in the soup kettle with the chicken, vegetables, bouquet garni, wine, and broth. Cover and simmer gently 45 minutes. Drain the chicken, vegetables, chestnuts, and bouquet garni. Remove the meat from the bones and cut 1 1/2 cups of julienne sticks of chicken. Purée the chestnuts in the blender with 2 or 3 cups of broth and 1 cup of chicken meat, cut up fine. Return this to the rest of the broth. If it is too thick, add a little broth—it should be as thick as heavy cream. Blaze the julienned chicken with cognac and add it and the juices to the soup. Check for seasoning. When ready to serve, scald the cream and mix it with the egg yolks and whisk it into the reheated soup. Add the chestnuts but do not boil again. Serves 8 or 10.

Chestnut and Game Soup

1 pound fresh chestnuts
8 cups game soup broth (p. 21)
1 cup heavy cream
2 egg yolks

Garnish

whole chestnuts
1/3 cup madeira

Wash and score the chestnuts on the flat side with a sharp-pointed knife. Drop them in hot water and bring them to the boil for 1 1/2 minutes. Shell and skin them while they are hot. Put 2 cups of the broth in a saucepan with the chestnuts, cover, and simmer 15 to 20 minutes until the nuts may be pierced with a cake straw. Reserve 2 for each plate of soup and soak these several hours in the madeira. Continue cooking the rest of the chestnuts until they are very soft. Purée them with their liquid. Use some of the rest of the broth if necessary, to purée them to a cream. Empty the purée into a saucepan and rinse the blender with some of the broth. Combine with the broth, when ready to serve, reheat. Put 2 chestnuts in each soup plate and add the madeira to the soup. Scald the cream, mix it with the egg yolks and add it to the soup. Do not boil again. Serves 6-8. This is for an important dinner.

Collard Soup

1 1/2 pounds young collard greens
4 strips bacon
3 tbsps. butter
1/2 cup onions, chopped
1 green pepper, sliced
1 cup water
1 tsp. chicken soup concentrate
milk and light cream
salt and pepper

Trim the greens and wash them in a dishpan of very warm water. This is the way to clean greens before they are rinsed in cold water. Hot water causes the grit to sink to the bottom of the pan and also revives and freshens the greens. Drain and slice them across in thin ribbons. Slice the bacon and fry it until crisp in the butter. Scoop out the bacon, crumble it, and reserve. Cook the onions and green pepper in the fat 2 minutes without browning them. Add the greens and the water mixed with the soup concentrate. Cover tight and simmer gently until the collards are tender. (It takes 3 minutes in the pressure cooker.) Purée the contents of the pot with milk and cream to the consistency of cream. Season to taste with salt and pepper. Return the bacon crumbles to the soup. Crisp croutons are a fine garnish for any simple soup. Serves 6.

Corn Chowder

1/3 cup bacon or salt pork, diced
2 tbsps. butter
1 1/2 cups raw potatoes, cubed
1 cup onions, finely diced
salt and freshly ground pepper
1/2 cup green pepper, diced
2 cups fresh corn
2 cups chicken consommé
2 tbsps. cornstarch
1 cup light or heavy cream
paprika

Score the corn kernels and scrape from the ears. Cook the diced bacon or salt pork in a heavy pan in the butter until it is crisp. Scoop out the crisp pieces and reserve them. Put the potatoes and onions in the fat and stir them over low heat a minute. Add salt and pepper and the green pepper. Cover and cook 5 minutes or until they are tender. Add the corn; if fresh corn is not available, use a can of white shoe peg corn. Add the chicken broth. Do not boil, just reheat to serve, this will cook the fresh corn. Blend the cornstarch with the cream and stir it into the hot soup. Bring to a boil; add the crisp bacon or salt pork. Sprinkle paprika over the soup. Makes over 2 quarts.

Cream of Fresh Corn Soup

3 cups corn (5 or 6 ears)
1/2 cup onions, diced
1/2 cup green pepper, diced
4 tbsps. butter
1 tsp. paprika
salt and pepper
milk
1 cup heavy cream, scalded
2 egg yolks

Garnish

brown almonds, chopped, or parsley, chopped

Score the kernels of corn down the center with the a sharp pointed knife, then scrape them into a bowl. This releases the milk. Purée them in the blender with a cup of hot milk, then sieve the corn. (The blender does not liquefy the hard skin of the kernels.) Soften the onion and green pepper in the butter, purée and add to the corn. Season with paprika, salt and pepper. Thin with milk to the consistency of cream. The mixture should be very smooth. When ready to serve, bring the soup to a simmer. Scald the cream, mix it with the egg yolks, then add it to the soup. Do not boil again. You will notice the corn has not been cooked except for the heating in the soup. This is enough for fresh corn, especially when it has been puréed. When corn is not in season this soup can be made with canned white shoe peg kernel corn. This recipe makes enough to serve 6 to 8.

Cucumber Soup

3 cucumbers, peeled, sliced
1/3 cup butter
3 slices bacon
1 leek, sliced
1 white onion, diced
1 cup stemmed watercress or sorrel, chopped fine
salt and pepper
3 tbsps. wine vinegar
6 cups chicken consommé
2 egg yolks

Peel and slice the cucumbers 1 inch thick, then quarter each slice. Melt the butter and fry the bacon in it until crisp, then drain the bacon, crumble it, and reserve. Put the cucumbers, leek, onion, watercress or sorrel in the fat and stir it with a wooden spoon 4 or 5 minutes over low heat. Add salt, pepper, and vinegar. Boil the consommé and add it to the vegetables; simmer 10 minutes. Mix a little soup with the egg yolks, then whisk the mixture into the hot soup. Do not boil again. Add the bacon. Serves 8.

Cucumber and Potato Soup with Fresh Herbs

4 large cucumbers
2 potatoes
1/2 cup onions, chopped
6 cups water or broth
1/3 cup fresh herbs, minced: tarragon, chives, parsley, thyme, basil, etc.
salt and pepper

Peel the cucumbers and with a cutter make 24 little balls and set aside. Dice the rest of the cucumbers and the peeled potatoes. Put them in the soup pot with the onion. Add the broth, or if water is used, add 3 teaspoons of chicken soup concentrate. Cover and cook for 10 or 12 minutes or until the potatoes are tender. Purée the contents of the soup pot and then add the herbs, finely minced. Put 3 or 4 cucumber balls in each soup plate, reheat soup and ladle it into the plates. Serves 6-8.

Curly Chicory Soup

1 good-sized bunch chicory
salted boiling water
1/4 cup parsley, minced
4 tbsps. butter
4 cups chicken broth
1 tsp. curry powder
salt and pepper
1/2 cup heavy cream, scalded
2 egg yolks

Garnish

croutons fried in butter

Trim the chicory and cover with boiling, salted water; let it stand 5 minutes, then drain. Mince it very fine and put into soup kettle. Add the parsley and soften a few minutes in butter. Boil the broth with the curry powder and season to taste with salt and pepper. Pour it over the chicory and simmer, covered, 10 minutes. When ready to serve, reheat the soup. Mix the scalded cream with the egg yolks and whisk it into the soup. Serves 5 or 6.

Dandelion Soup

1 1/4 pounds dandelion greens
1/3 cup onions, chopped
1/4 cup green peppers, chopped
4 tbsps. butter
3 cups chicken broth
1 cup light cream
salt and pepper

Garnish

4 to 6 poached eggs

Clean and trim the greens, and chop them up a little. Soften the onion and the green pepper in the butter 1 minute then add the greens and 1/2 cup of water. Cover tight and cook until they are well wilted. (The pressure cooker takes but a minute.) Purée them with the broth and cream. Season to taste. When the soup is reheated and put into wide soup plates, slip a soft poached egg on top of each.

Eggplant Soup

1 medium-sized eggplant
1/2 cup onions, chopped
1/4 cup butter
salt and pepper
2 tsps. powdered fennel
3 1/2 cups tomato juice
1 small zucchini, sliced thin
parsley, chopped

Garnish

croutons fried in butter

Peel and slice the eggplant, then cut it across in strips. Soak 30 minutes in salt water. Rinse and wipe dry. Sauté the onion in butter until it begins to soften, then add the eggplant. Cover and steam it tender, about 10 minutes. Add the seasonings. Purée the contents with tomato juice, add the zucchini and cook 2 or 3 minutes. Add the parsley and pass a bowl of croutons. Serves 6.

French Winter Squash Soup

5 tbsps. butter
4 leeks, sliced
6 cups hot veal or chicken stock
1 cup onions, chopped
1/2 cup celery, sliced
3 cups Hubbard or acorn squash, diced
salt and pepper
1/8 tsp. nutmeg
1 1/2 cups heavy cream, scalded

Garnish

chives or parsley, chopped

Cook the leeks in the butter until lightly colored, then add the stock, vegetables, and seasonings. Cover, and simmer gently 20 minutes. Purée the soup. Scald the cream and add it to the egg yolks then whisk it into the soup. Do not boil again. Garnish each soup plate with parsley or chives. Serves 8 or 10.

Fresh Green Bean Soup

3 slices bacon
3 tbsps. butter
1/2 cup onions, diced
1 leek, sliced
1 clove garlic, crushed
1/2 cup carrots, diced
salt and pepper
1 ham bone
7 or 8 cups water
1 pound green beans, cut in 1/2-inch lengths

Fry the bacon in the butter until crisp. Drain and crumble it. Stir the vegetables in the fat 2 or 3 minutes over low heat, then add salt, pepper, the ham bone, and water. Cover and simmer an hour. Add the beans and cook 20 minutes longer. Remove the ham bone. Purée half of the soup and return it to the rest of the soup and add the bacon crumbles. Serves 8.

Green Bean and Tomato Soup

1/3 cup butter or ham fat
1/2 cup onions, diced
2 cloves garlic, crushed
4 large ripe tomatoes or 1 quart of canned tomatoes with purée
1/4 cup parsley, minced
4 or 5 cups chicken broth
2 tbsps. wine vinegar
1 pound green beans
1 cup salted water

Cook the onion in the butter or ham fat until it begins to color. Add the garlic, tomatoes, and parsley, cover and cook 5 minutes. Add the hot broth and cook 10 minutes. Add the vinegar. Wash the beans and cut them in 1/2-inch lengths. Cook them in 1 cup of salted water until they are tender. Put half of them with the tomato mixture and purée. Add the beans and their water to the puréed soup. Serve hot. Makes over 2 quarts.

Hungarian Green Bean Soup

1 pound green beans
1/2 cup onions, chopped
1/2 cup celery, thinly sliced
1 potato, peeled and diced
1/2 cup carrots, finely diced
1 whole clove garlic
6 cups veal or chicken broth
2 tbsps. butter
2 tbsps. flour
2 tsps. sugar
1 cup sour cream mixed with 1 tbsp. sweet Hungarian paprika

Cut the beans in 1/2-inch lengths. All the vegetables must be cut in diced small because the soup is not sieved or puréed. Put them all with the whole garlic in a soup kettle with the broth, cover, and simmer gently 25 minutes. Melt the butter and stir in the flour and when it becomes ivory-colored, stir a little of the soup into it, smooth, and blend it with the rest of the soup. Add the sugar. Warm the mixed sour cream and paprika and when the soup is hot, stir in the cream. Serves 8.

Hubbard or Acorn Squash Bisque

2 cups squash, cooked, mashed
salt and pepper
2 or 3 tbsps. honey or molasses
3 cups rich chicken broth
1/4 tsp. nutmeg
1/2 cup heavy cream
1/3 cup sherry or madeira

Garnish

almonds or pecans, chopped browned

Thin the squash with the seasonings. Add all ingredients and mix well. The consistency should be like that of cream. Milk can be used instead of chicken broth, but if used, add 2 teaspoons of chicken soup concentrate. Garnish with nuts. Makes about 6 cups.

Kale Vegetable Chowder

3 slices hickory-smoked bacon
3 tbsps. butter
1 cup onions, diced
2 tbsps. flour
1 onion, stuck with 3 cloves
1 tsp. basil
1 tsp. chervil
1 tsp. oregano
4 cups chard, cut in ribbons
2 quarts water
1 tbsp. chicken soup concentrate
1 cup carrots, diced
1/2 pound green beans, sliced
1 leek, sliced
1 white turnip, diced
1 cup skinned tomatoes or purée
1 1/2 cups potatoes, diced
2 tbsps. brown sugar
1 can white shoe-peg corn
salt and pepper

Cut the bacon in inch pieces and fry it with the butter in a heavy soup kettle. Stir in the onions and soften them a little, then stir in the flour until smooth. Add all the ingredients except the corn. Cover and simmer gently 30 minutes. Add the corn and reheat. Corn does not need cooking. Of course you may add peas and any other vegetables you wish. This is a grand and nourishing soup. Makes about 3 quarts.

Bread and Leek Soup

2 cups fresh bread crumbs
1 cup cold water
1 pound leeks, sliced
1/3 cup butter
5 cups boiling water
salt and pepper
1/8 tsp. nutmeg
1 cup scalded cream
2 egg yolks

Soak the crumbs in the cold water an hour. Slice the leeks very fine and cook them in butter until they soften and are tender. Reserve 1/2 cup of them to garnish the soup when it is done. Add the boiling water, salt and pepper to the rest of the leeks, also the bread crumbs with the water they soaked in. Cover and cook 15 minutes, then purée the soup. Thin with a little milk or water if too thick. Scald the cream, mix it with the egg yolks and whisk it into the soup. Add the reserved leeks. Reheat without boiling again. Serves 6 to 8.

Cream of Leek Soup

1 large bunch of leeks, sliced very fine
1/3 cup butter
salt and freshly ground pepper
1 tbsp. flour
5 cups chicken broth
1 cup heavy cream
2 egg yolks
2 tbsps. parsley, chopped

Slice the leeks very fine because this soup is not puréed unless you particularly wish a *velouté*. Put the leeks in a heavy pot with the butter and cook for 5 minutes over a low flame, stirring so they do not burn. Season and stir in the flour. Add the hot broth and simmer gently, covered, 15 minutes. Scald the cream, when ready to serve, and mix it with the egg yolks and whisk it into the hot soup. Do not boil again. Add the parsley. Serves 6.

Leek and Potato Soup

2 pounds leeks, sliced thin
2 1/2 cups water
1/3 cup butter
2 tbsps. oil
salt and pepper
2 tbsps. chicken soup concentrate
2 cups hot milk
1 cup light cream
2 pounds potatoes, sliced
1/4 tsp. nutmeg
more milk
1/2 cup heavy cream
2 egg yolks

Garnish

bowl of grated gruyère cheese

Trim and wash the leeks. Slice the green part fine and cook it in the water for 20 minutes, covered. Sieve the leeks, pressing them against the sieve. Use this water in the soup. Put the butter and oil in a heavy pot and soften the thinly sliced white part of the leeks over low heat for 2 minutes, then add the leek water, salt, pepper, and chicken soup concentrate, hot milk, and cream. Add the peeled sliced potatoes, cover, and simmer about 15 minutes or until the potatoes are tender. Mash the soup through a sieve or purée in the blender. Add the nutmeg and more milk if necessary. The consistency should be like cream. Scald the cream, add the egg yolks and whisk it into the soup. Reheat and pass a bowl of cheese. Serves 8.

Lettuce Soup

1 large head of romaine lettuce
4 tbsps. ham or bacon fat
1 bunch green onions or 3 white onions
freshly ground pepper
1 tsp. basil
1 tsp. tarragon
1/2 cup water
4 cups chicken broth
1 tsp. curry powder
1 tsp. turmeric
1 cup heavy cream

Garnish

sliced hard boiled eggs or Parmesan cheese or croutons fried in butter

Some people might think lettuce would make a bland soup. They should try this one. I choose romaine because it has more flavor than some other lettuces. Shred it until very fine on a wooden board. There should be 4 or 5 cups. Melt the fat in a 4-quart heavy pot and sauté the sliced onions a moment. Add the lettuce, pepper, herbs, and water. Cover tightly and steam 5 minutes. If you have no broth, use chicken soup concentrate and skimp on the salt. Use 3 tablespoons of concentrate with 4 cups of boiling water. Remove 3 tablespoons of the steamed lettuce for garnishing the soup later. Add the chicken broth and purée it, a little at a time, in the blender. Add the heated cream mixed with the condiments. If you lack curry, 1/2 teaspoon each anise, carraway, and cumin powders give a lovely flavor. Add the cream mixture to the purée and return the garnish of lettuce. This makes about 2 quarts. Garnish the soup plates with any of those accompaniments suggested.

Chicken and Lettuce Soup

2 heads of Boston lettuce or 1 large romaine
1/2 cup butter
2 quarts chicken broth
1 cup cooked chicken, diced
1 cup heavy cream, scalded
2 egg yolks
1/8 tsp. nutmeg
salt and pepper
1/2 cup julienne sticks of chicken

Garnish

parsley, chopped

Shred the lettuce very fine and soften 2 or 3 minutes in the butter. Add 6 cups of the hot broth and simmer slowly 20 minutes. Purée it. Put the diced chicken in the blender with 1 cup of the remaining broth and when it is smooth, add it to the puréed lettuce. Rinse out the blender with the remaining cup of broth and add to the purée. When ready to serve, reheat the soup. Scald the cream and mix it with the egg yolks and whisk into the soup. Check the seasoning and add nutmeg. Put the julienned chicken in the soup. Add parsley to each soup plate. Serves 8 to 10.

Variation: spinach, watercress, or sorrel, or a mixture of these may replace the lettuce.

Chinese Mushroom Soup

chicken parts: backs, necks, wing tips, giblets
1 pound lean pork, cubed
1 tbsp. fresh ginger root, minced
2 stalks celery, sliced
salt and pepper
1 onion, quartered
2 whole cloves garlic
12 Chinese dried mushrooms
8 1/2 cups water
1/3 cup vermicelli

Wash the mushrooms with boiling water and rinse well. Soak them 6 hours, preferably overnight, in 1 1/2 cups of water. Put the chicken parts and pork in a heavy pot with all the ingredients except the mushrooms and vermicelli. Add 7 cups of water, cover and cook slowly 1 1/2 hours. Strain and add the vermicelli and simmer 15 minutes. Meanwhile cook the mushrooms in the water they soaked in 30 or 40 minutes at a slow simmer, covered. Long soaking makes them cook more quickly, so test with a sharp knife after 25 minutes. Add the mushrooms when the vermicelli is cooked. Check the seasoning. Makes 6 cups.

Cream of Mushroom Soup
Ranieri, Rome

The director of this lovely old restaurant is Nello Morandi, a very gracious host. The restaurant has kept the Victorian furniture and decorations in three charming dining rooms—one red, one olive green and one gold. The restaurant was founded in 1843 and has been famous for over 100 years. It is at via Mario dei Fiori, 26, the second street below the Spanish Steps.

4 tbsps. butter
3 tbsps. flour
4 cups light cream
salt and freshly ground pepper
1 pound fresh mushrooms, minced
1/4 tsp. nutmeg

Melt the butter in the top of the double boiler and blend in the flour until smooth. Boil the cream in another pot and mix it slowly into the roux, stirring continuously with a rubber spatula until all the cream is added. Season with salt and pepper. Finely mince the cleaned mushrooms in a wooden chopping bowl and add them and the nutmeg to the soup. Let it boil up over direct heat, then put it over simmering water, cover, and cook 1/2 hour. Stir occasionally.

I bring dried wild mushrooms home from Italy and make this soup with them. I scald a cup of dried ones and soak them several hours in 1 cup of water. Drain and use the soaking liquid in the soup and chop the mushrooms. The Italians use fresh wild mushrooms in the summer and this soup is absolutely delicious.

Dried Wild Mushroom Soup

1 cup dried mushrooms
1 cup water
5 1/2 cups rich chicken or beef consommé
1 cup heavy cream
1/4 tsp. nutmeg
2 tsp. cornstarch

When coming home from Italy it is a very good practice to bring a half liter of dried mushrooms so you can make this soup all year. Scald them and shake them until they are clean. Rinse them well and add the cup of water. Soak them over night if you wish them to cook very quickly, otherwise soak them several hours. When ready to make the soup, drain them, squeezing them against the sieve. Put this soaking water in the soup. Chop the mushrooms very fine in a wooden bowl. Put them in the consommé and simmer very gently, covered, 20 minutes. Blend the cornstarch with the cream, add the nutmeg and let it come to a simmer; add it to the soup when you are ready to reheat for serving. A little madeira will add flavor to the soup. Makes over 7 cups.

Duck and Mushroom Soup

roast duck carcass
any gravy, dressing or giblets available
1/2 cup onions, chopped
1/2 cup carrots, chopped
1 cup celery, sliced
1 leek, sliced
2 whole cloves
salt and freshly ground pepper
2 bay leaves
1 cup dry red wine
7 cups water
2 tsps. chicken soup concentrate if necessary
1/2 cup fresh button mushrooms
3 tbsps. butter
1/2 cup heavy cream, scalded
2 egg yolks

Pound the carcass and put it in a large soup kettle with all the ingredients up to and including the water. Cover and simmer 1 3/4 hours. Strain the soup and add the chicken soup concentrate if necessary. Bake the mushrooms in the butter at 375° for 7 minutes. Scrape the contents of the pan into the soup. When ready to serve, reheat, and whisk in the scalded cream which has been mixed with the egg yolks. Serves 6 or 8.

Fresh Mushroom Soup

1 pound fresh mushrooms
1/3 cup onions, finely sliced
4 tbsps. butter
salt and freshly ground pepper
6 cups rich chicken consommé
1/2 tsp. beef meat glaze
1/4 tsp. nutmeg
3 tbsps. cornstarch
1 cup heavy cream
3 tbsps. madeira

Garnish

parsley, chopped

A few dried mushrooms, blanched with boiling water, rinsed, and soaked an hour in a cup of the consommé give a rich mushroom flavor to the soup. Cook them in the comsommé until tender. Clean the fresh mushrooms and remove 1/16 inch from the stems. Chop them with the dried mushrooms. Put the mushrooms through the meat grinder or chop them quite fine in a wooden bowl. They are not to be puréed. Melt the butter in a skillet and cook the onions 3 minutes, then add the mushrooms and bake in a 375° oven for ten minutes. Salt and pepper them. Combine the mushrooms, consommé, meat glaze, nutmeg, and cream blended with the cornstarch and bring to a simmer. This may stand and ripen until time to serve. Reheat, add the wine, sprinkle the top with chopped parsley and serve. Tiny canned mushrooms may be used as a garnish but they add nothing to the flavor. If 7 cups of consommé are used, this will serve 9 or 10.

Morel Mushroom Soup

3 cups fresh or 1 cup dried morels
1/3 cup butter
salt and pepper
2 tbsps. flour
6 or 7 cups rich chicken or veal consommé
1 cup heavy cream
2 egg yolks

If you can find these precious fungi, you are the luckiest one in the world. My father used to bring home quarts of them from the sandy banks of the Midwestern rivers. We had them fresh, or they were strung on lines in our attic to dry. I hear they are found in Ohio and New England. I bring them from France, at a price. They are common there but are never cheap since they are the best mushrooms that grow.

The fresh morels are carefully washed. They are hollow inside with a spongelike surface and a smooth, hollow neck. Sand lurks in all the crevices. Let them dry an hour in the salad basket. The dried morels are scalded and rinsed well and are soaked several hours in water or broth. They are drained and the soaking water is added to the broth. Both dried and fresh are chopped fine in a wooden bowl. Soften them 3 or 4 minutes over low heat in the butter, stirring them with a wooden spoon. Season with salt and pepper and stir in the flour. Add the boiling consommé and simmer gently 20 minutes. This may be done ahead of time. Before serving, reheat. Scald the cream and mix it with the egg yolks and whisk it into the soup. Do not boil again. Use 7 cups of consommé to serve 8.

Mushroom and Game Soup

6 cups strained broth: turkey, duck, goose, or game
1/3 cup madeira
3/4 to 1 pound fresh mushrooms, ground
1/2 cup heavy cream, scalded
3 egg yolks
salt and freshly ground pepper
1/4 tsp. nutmeg

Add the madeira to the strained soup. Prepare fine clean mushrooms and grind them. Add them to the soup and simmer 5 minutes. Scald the cream and pour it over the egg yolks and stir it into the hot soup. Season if necessary with salt and pepper and add the nutmeg. This serves 8 or more.

Mushroom and Tomato Soup

1/2 pound fresh mushrooms, sliced fine
4 tbsps. butter
2 quarts bouillon, beef, veal or chicken
1/3 cup vermicelli
1 quart fresh tomatoes, skinned, and chopped or tomato purée
1 clove garlic, crushed
2 tsps. powdered fennel
5 tbsps. butter and oil
salt and pepper

Clean and trim the mushrooms and cook them 2 minutes in the butter. Pour the boiling bouillon over them, add the vermicelli and simmer 10 minutes. Use ripe, home grown tomatoes, or if not available, use the purée. Cook the tomatoes, mixed with the garlic and fennel, in the butter and oil 10 minutes, then purée it. The tomato purée does not need purée-ing, but it does need the cooking to remove the raw taste. Combine with the mushroom bouillon. This makes about 3 quarts. Serve with buttered croutons if desired.

Veal Broth with Mushrooms

1 cup dried wild mushrooms
1 cup water
2 veal knuckles with meat
1/2 cup onions, minced
1/4 cup butter
1/4 cup carrots, diced
6 cups boiling water
salt and pepper
1/2 cup heavy cream, scalded
2 egg yolks

Scald the mushrooms with boiling water, shake them well to clean them. Rinse and cover with 1 cup fresh water. They may soak overnight, the longer the better. Turn the veal knuckles in the onion, butter and carrots 3 or 4 minutes over low heat. Add the boiling water, cover and simmer 2 hours. Remove the knuckles and dice the meat very small. Add 1 1/2 cups of veal to the strained soup. Drain the mushrooms, pressing them against the sieve. Add their soaking liquid to the soup. Add seasoning. Chop the mushrooms very fine in a wooden bowl. Add them to the soup, cover, and simmer 15 or 18 minutes. If the soup is too thick, add a little water or use 1 cup of cream instead of 1/2 cup. Scald the cream, add it to the egg yolks and whisk into the soup. Serves 6 or 8.

Okra Soup

1/2 to 3/4 pound small fresh okra
1 pound fresh peas, cooked
1 tsp. basil
1 can white shoe-peg corn
1 tsp. turmeric
salt and pepper
dash cayenne
1/3 cup patna rice
6 or more cups chicken broth

Wash and remove the tips of the okra. Cover with hot salted water, boil up and drain. Cover with fresh hot salted water, cook 5 minutes and drain. A pinch of soda in their first boiling water makes them a bright green and makes the soup colorful. Cook the peas in very little water with the basil and add them and their cooking water to the okra. Add the can of corn and stir in the seasonings. Wash the rice and soak several hours in the broth; it cooks very quickly after soaking. Simmer the broth 10 to 15 minutes, covered, and then pour it over the vegetables. Reheat to serve. Serves 8 to 10.

Cheese and Onion Soup

1 pound onions, sliced thin
1/4 cup butter
2 tbsps. oil
salt and pepper
1/8 tsp. nutmeg
3 cups hot water
3 cups chicken consommé
6 slices dry French bread
3/4 cup gruyère cheese, grated
1/2 cup soft gorganzola
2 tbsps. heavy cream

Put the onions, butter, and oil in a heavy pot and cook until the onions soften. Add the seasonings and the hot water and consommé. Stir in 1/2 cup of gruyère cheese and when it is melted, pass the soup through a coarse sieve. Put the soup in an earthenware, oven-proof tureen. Spread slices of dry bread with the gorganzola smoothly mixed with the cream. Place them over the top of the soup and sprinkle thickly with grated gruyère cheese. Bake in the oven at 300° for 20 minutes before serving. Serves 6.

Cream of Onion Soup

2 pounds white onions
1/3 cup butter
4 tbsps. oil
salt and freshly ground pepper
1/4 tsp. nutmeg
3 cups milk
3 cups light cream
3 egg yolks plus 1 egg
fresh chervil, parsley or chives, chopped

Garnish

crisp croutons

Thinly slice the onions and sauté them in a heavy pot with the butter and oil until they soften and are yellow. Stir often so they do not burn. Season with salt, pepper, and nutmeg. Boil the milk and cream and pour over the onions. Simmer for 10 minutes, then purée the soup. Beat the eggs in a warmed tureen and slowly whisk the hot soup into them. Sprinkle the top with any of the herbs and serve with croutons fried in butter. Serves 8.

Le Thourin Bordelais

Etienne Kraemer, Chef des Cuisines

S.S. France

1/2 pounds onions, minced fine
1/3 cup butter
1 tbsp. flour
2 tbsps. tomato paste
6 or 7 cups hot beef bouillon
salt and freshly ground pepper
6 slices French bread, toasted
gruyère cheese, grated

Slice the onions, then dice each slice across. Cook them slowly in a heavy pot in the butter without browning them—about 15 minutes. Stir in the flour and the tomato paste. When smooth, add the boiling bouillon and season with salt and pepper. Bring to the boil and skim. Simmer 10 minutes. Pour the soup into an earthenware oven-proof tureen. Put the toast over the top of the soup and cover thickly with grated gruyère cheese. Bake in the oven at 500° until the cheese is golden. Serves 4.

Onion Soup

1 1/2 to 2 pounds onions: yellow, Bermuda or red Italian
1/4 cup butter
2 tbsps. olive oil
salt and freshly ground pepper
1/4 tsp. nutmeg
1 clove garlic, crushed
2 tbsps. flour
2 quarts rich beef broth
1/2 cup dry white wine
3 tbsps. brandy or madeira

Garnish

toasted French bread
shredded Swiss or gruyère cheese

Slice the onions very thin and cook them gently with the butter and oil in a sauté pan or heavy pot for about 20 minutes without burning them. Season with salt, pepper, and nutmeg. Add the garlic and stir in the flour until smooth. Add the hot broth and simmer gently about 25 minutes. (This may be done in advance.) When ready to serve, reheat the soup and add the brandy or madeira. Buttered toast may be covered thickly with cheese and baked floating on until the cheese melts or the soup may be served in small fireproof dishes with a piece of toast and cheese on top. Leave under the flame until the cheese bubbles and browns. Serves 8.

Variation: Rich chicken broth may be used instead of beef. *Oignons Frits (Morvandelles)* may be sprinkled on top of the soup before serving.

Onion and Tomato Soup

1 pound white onions, sliced
1/3 cup butter
2 tbsps. oil
4 cups boiling water or chicken consommé
1/4 cup parsley, chopped
1/2 tsp. thyme
salt and pepper
1 1/2 cups tomato purée

Garnish
bowl of grated cheese or buttered croutons

Sauté the croutons in butter and oil until golden. Add the boiling water or consommé; if water is used, add 2 teaspoons of chicken soup concentrate. Add the parsley and thyme, salt, and pepper. Skimp the salt when concentrate is used. Simmer, covered, 10 minutes; add the tomato purée and cook 10 minutes more. Purée the soup or not, as you like. Pass cheese or croutons to add to the soup. Serves 6.

Soupe à l'Oignon Gratinée
Restaurant Allard, Paris VI

This restaurant has a different specialty every day and they are all of the same high quality so it makes little difference which day you choose. But it is a good idea to try them all—it only takes six visits. Mme. Fernande Allard is responsible for the Burgundian cooking. André Allard inherited the restaurant from his father. The house dates back to the 16th century, giving it an old Parisian charm. It was a stagecoach stop and is still at the ancient crossroads of rue St. André des Arts and rue l'Eperon. The noisy, cozy room where the zinc *is, is the more fun to eat in, but you'll be happy anywhere at Allard.*

5 large onions, sliced thin
3 tbsps. butter
3 tbsps. oil
3 tbsps. flour (1/3 cup)
1 glass dry white wine
3 quarts bouillon au pot au feu (beef broth)
grilled French bread
grated gruyère cheese

Cook the onions in a heavy pot with the butter and oil until golden over low heat. Stir in the flour and when smooth and well blended, add the warmed wine and the hot bouillon. The bouillon may be chicken if you prefer. Cover and simmer very slowly 1 1/2 hours. Check the seasoning. Put the soup in an earthenware, oven-proof tureen, add the toast on top, and cover thickly with grated cheese. Gratinée in a 450° oven ten minutes. Serves 4.

Soupe à l'Oignon avec Port

Etienne Astier, Le Bossu, Lyons

Mme. Blanc's fine Chef Astier is from the Ardèche. He is one of the best cooks in Lyons, which makes this restaurant, at 25 Quai Romain Rolland, one of the best places to dine in this gastronomic center.

1 1/2 to 2 pounds onions, sliced fine
1/4 cup butter
2 tbsps. olive oil
salt and pepper
1/4 tsp. nutmeg
1 clove garlic, crushed
2 tbsps. flour
2 quarts rich beef consommé
1 wine glass port
2 egg yolks
dry French bread
gruyère cheese, grated

Sauté the onions in the butter and olive oil until they soften. Season with salt, pepper, and nutmeg. Stir in the garlic and flour, and when smooth, add the boiling consommé. Cover and simmer gently 45 minutes. (This may be prepared in advance.) When ready to serve, reheat the soup. Beat the port and egg yolks in the bottom of an earthenware, oven-proof tureen and whisk the boiling soup into it. Dry slices of bread in the oven and put them all over the top of the soup and cover thickly with grated gruyère cheese. Bake in a 450° oven until golden —about 10 minutes. Serves 8.

Soupe à l'Oignon Gratinée
de Jean Dupin

This is another of this famous printer's recipes. Jean Dupin prints the beautiful wine labels of Burgundy, as well as the lovely menus of Beaune's Hotel de la Poste.

1/2 inch thick slice salt pork
1/2 cup butter
3 pounds onions, sliced thin
3 tbsps. flour
2 cups dry croutons
5 cups hot water
1 clove garlic, crushed
1 cup dry white wine
1 jigger cognac
1 cup grated gruyère cheese
1 1/4 cups scalded cream
2 egg yolks
buttered French bread
grated gruyère cheese

Dice the salt pork and fry until crisp in half of the butter. Scoop out the pork pieces. Add the rest of the butter and cook the onions in the fat until they are yellow. Return the pork pieces to the onions and stir in the flour until smooth. Add the croutons, water, garlic, wine, and cognac. Cover and simmer gently 1 hour. Sieve the soup, cook 10 minutes, then add the cheese and when it is melted, sieve again. Scald the cream and mix it with the egg yolks, then stir into the soup. Put the soup into an earthenware, oven-proof tureen and cover the top with buttered bread; cover the bread thickly with grated gruyère cheese. Bake in the oven at 375° 10 minutes or until golden. Serves 8.

Soupe Soubise

2 pounds white onions
1/3 cup butter
2 tbsps. flour
4 cups boiling water
salt and pepper
1/8 tsp. cloves
1 cup heavy cream, scalded
2 egg yolks
buttered croutons

Garnish

buttered croutons

Peel the onions and slice them thin. Sauté the onions in butter until yellow but not the least burned. Stir in the flour until smooth, then add the boiling water, salt, pepper and cloves. Cover and cook 5 minutes, then purée the onions and water. When ready to serve, reheat. Scald the cream, mix with the egg yolks and whisk into the soup. Serve with croutons. Serves 6 or 8.

Parsley Soup

5 ounces parsley, chopped
1 bunch watercress, chopped
1 1/4 pounds potatoes, peeled and diced
3 tbsps. butter
salt and freshly ground pepper
4 cups boiling water
big lump of butter

Garnish

1/4 cup parsley, chopped
croutons fried in butter

Wash and stem the greens and chop them coarsely in a wooden bowl. Soften them in butter, then stir in the potatoes and cook a minute. Add salt, pepper and the boiling water. Cover and simmer gently 15 minutes or until the potatoes are done. Purée the contents of the pot. Add more water if necessary to thin to cream consistency. Add the butter and chopped parsley. Pass a bowl of crisp croutons. Serves 6.

Parsnip Soup

1 1/4 pounds parsnips
salt and pepper
2 tbsps. butter
1/3 cup water
2 cups chicken broth
milk
1 cup heavy cream, scalded
2 egg yolks
2 tbsps. rum or madeira

Garnish

parsley, chopped
fried croutons

Trim and scrub the parsnips. If they are young and ivory-colored they will not need scraping. Cut them through the center and remove any tough core with a sharp-pointed knife. Slice them fine. Put them in a pot with the seasoning, butter, and water. Cover tightly and steam them very tender. Purée the contents of the pot with some of the broth. Add the rest of the broth and milk to get the consistency of cream. Scald the cream and mix it with the egg yolks and whisk it into the hot soup. Reheat without boiling and add rum or madeira. Sprinkle with chopped parsley and serve with crisp croutons. Serves 6.

Potage Aux Ciboulettes

1/2 cup chives, finely chopped
1/3 cup parsley, finely chopped
1/4 cup shallots, finely chopped
1/4 cup green onions, finely chopped
6 cups rich chicken broth
toasted French bread
sour cream

Heat the broth. Put the chopped herbs and vegetables in the soup pot and pour the hot broth over them. Cook gently for 5 minutes. Put a piece of toast and a big spoonful of sour cream in wide soup plates. Ladle the soup over it. Serves 6.

Potage Crécy

1 bunch (8) new carrots
1/4 cup butter
1/3 cup onions, minced
1/2 cup water
salt and pepper
4 cups rich chicken broth
1 tbsp. rice starch
3/4 cup heavy cream
2 tbsps. parsley, chopped

Garnish

croutons fried in butter

Slice the carrots very thin and stir them in the melted butter with the onion 3 minutes over low heat, then add the water and cook 10 minutes or until tender. Season, then add the boiling broth and cook 3 minutes. Purée the soup. Blend the rice starch (or cornstarch) with the cream, and stir it into the soup. Bring to the boil and add the parsley. Pass crisp croutons. Serves 6.

Potage Cressonière
Paul Blanc, Chapon Fin Thoissey (Ain)

Everyone who has followed the gastronomy of France has heard of or visited Paul Blanc at Thoissey. The late Fernand Point wrote, "Paul Blanc est un des princes de la cuisine française."

1 large leek, minced
1/3 cup butter
1 1/4 pounds potatoes, peeled and sliced
salt
6 cups hot water
1 bunch watercress
1/2 cup heavy cream
buttered croutons

Soften the leek in butter without coloring it. Stir in the sliced potatoes a moment, then add the salt and hot water. Simmer gently 20 minutes. Wash and stem the watercress. Save some sprigs for garnishing the soup, and chop the rest fine in a wooden bowl. Add it to the soup and cook 5 minutes. Purée the soup. At the moment of serving, reheat the soup and stir in the cream and add a sprig of watercress and some small croutons fried in butter to each soup plate. Serves 4 to 6.

Potage d'Asperges

2 pounds fresh asparagus
3 1/2 cups salted water
1 tsp. sugar
2 tbsps. parsley, minced
1/3 cup onions, finely chopped
3 tsps. chicken soup concentrate
1 cup heavy cream, scalded
2 egg yolks
1/8 tsp. nutmeg

Garnish

tiny buttered croutons
cooked asparagus tips

Wash and trim the asparagus. Cut off 3 inches of tips to cook separately. Slice the asparagus stalks very thin for maximum flavor. Cook them in the salted water, sugar, parsley, onion, and soup concentrate, 30 minutes, covered. Press the asparagus and water through a coarse sieve extracting as much of the vegetable as possible. Cook the tips in 2 cups of salted water until tender. Save half of them for garnish and purée the rest of the tips in the water they cooked in and combine with the soup. When ready to serve, reheat the soup, scald the cream and mix it with the egg yolks and whisk it into the soup. Add the nutmeg and reserved tips. Pass a bowl of croutons. Serves 6 to 8.

Potage Germiny
Maxim's, Paris

This soup was named for a 19th century host and gourmet, Charles Gabriel Le Bèque, Comte de Germiny. He waa a diplomat and held many cabinet posts in the French ministry.

2 1/2 cups sorrel leaves
3 tbsps. sweet butter
8 large egg yolks
2 cups heavy cream, scalded
5 cups rich, seasoned chicken or veal consommé

Accompaniment

cheese straws (p. 313)

Wash and trim the sorrel, using only the leaves. Chop them very fine in a wooden chopping bowl. Soften them in the butter in the top of the double boiler; cook 10 minutes over simmering water. Heat the consommé. Scald the cream and beat it into the egg yolks with a wire whisk, then add hot consommé little by little until all is added and soup is very smooth. When it is hot but not boiling, add the sorrel. Serve immediately. This is an elegant soup and serves 8.

Puréed Beet Soup

2 bunches fresh beets
7 cups water
salt and freshly ground pepper
4 green onions, finely sliced
2 tbsps. butter
2 or 3 tbsps. tarragon vinegar
3 eggs, beaten until thick
3 tbsps. chives, minced
6 potatoes, boiled
hot milk
salt and pepper

Wash the beets well, as the cooking water is saved for the soup. Remove the stems to within an inch of the beets. Cook them in the water until they are tender. Drain, skin, and slice them fine. Cook the onions a minute in the butter and purée them with the beets in some of the beet water. Add the vinegar. Combine with the rest of the beet water. Beat the eggs in a large bowl until thick and whisk in the boiling soup, a little at a time. Add the minced chives and serve very cold with very hot potato purée: Boil the potatoes and mash them though a sieve and beat in hot milk to a creamy consistency. Season and pour into a baking dish and reheat before serving. Serves 6.

Czech Vegetable Soup with Dill

1 pound fresh peas
1 tsp. basil
2 tbsps. butter
1 cup fresh green beans, sliced 1/2 inch thick
1 1/2 cups potatoes, cubed
salt and pepper
1 1/2 tbsps. flour
1 to 1 1/2 cups heavy cream
3 tbsps. vinegar
1/2 cup fresh dill, chopped
6 poached eggs
paprika

This is a fine lunch or supper dish as it is a hearty soup with a lovely dill flavor. Put the vegetables in a heavy pot with the basil and butter and 1 cup of water; cover tightly and simmer until tender. Do not drain. Blend the flour with the heavy cream and cook until it thickens; then add the vinegar and stemmed, finely chopped dill. Let this stand at least a half hour to become fragrant. Season the vegetables and stir in the cream-dill mixture. Reheat. Poach the eggs, being careful they are soft. If the soup is too thick, add a little hot milk or light cream. Serve in wide hot soup plates and put an egg in each plate of soup. Sprinkle with a little paprika, and serve. Serves 6. To serve 4, use lesser amounts of flour and cream.

Fresh Pea Soup

3 pounds fresh peas
5 white onions, sliced
1/4 cup butter
salt and papper
2 tsps. basil
2 or more cups milk
1 cup light cream
1/4 tsp. nutmeg

Garnish

mint or parsley, chopped

Shell the peas; there should be about 1 cup of peas to 1 pound. In a heavy pot sauté the onions a minute in the butter. Add the salt, pepper, and basil. Stir in the peas and add 1/2 cup of water. Cook in a heavy pot with a tight lid, over a low fire, about 8 or 10 minutes. Add the milk to the peas and all their liquid and purée them. The electric blender is fine for this. Add the cream and nutmeg. Add more milk or cream if it is thicker than heavy cream. Serves 8.

Fresh Pea Soup with Rice

1/2 cup patna rice
2 cups vegetable juice
salt and pepper
1/2 cup green onions, chopped
1 1/2 to 2 pounds fresh peas
2 tbsps. butter
2 tsps. basil
1 cup heavy cream
4 cups chicken consommé

Wash the rice and cook it in the vegetable juice and onions, covered, 25 minutes over low heat. Add salt and pepper if needed. Reserve. Cook the peas in the butter and basil and very little water until tender. It takes 1 minute in a pressure cooker. Purée them with their juices, saving 3/4 cup of whole peas for garnishing the soup. Always rinse out the blender with liquid, in this case, some chicken consommé. Mix the purée with the rice and thin with the consommé and return the whole peas to the soup. Serves 8.

Lettuce and Pea Soup

2 1/2 to 3 pounds fresh peas
2 leeks, sliced
3 tbsps. butter
1/2 cup celery, sliced
1 Boston lettuce, shredded
1 1/4 cups boiling water
2 tsps. basil
salt and pepper
4 or more cups chicken broth
1/2 cup fine noodle shells
1/2 cup heavy cream, scalded
2 eggs yolks

Shell the peas. Color the leeks in the butter over low heat and stir in the celery. Shred the lettuce and put it in a heavy pot, then add the leeks, peas, and boiling water. Add basil and some salt and pepper. Cover tightly and cook slowly until the peas are tender, about 12 to 15 minutes. (Three minutes in the pressure cooker.) Remove 1 cup of the contents and purée the rest. Return the cup of vegetables and thin with the chicken broth to the consistency of light cream. Cook the noodle shells in boiling salted water until tender, drain, and add them to the soup. Scald the cream when the soup is reheated for serving, and stir it into the egg yolks, then whisk into the soup. Do not boil again. Serves 10.

Oat and Pea Soup

1/2 cup steel-cut oats
3 cups chicken consommé
1/3 cup onions, chopped
1 1/2 pounds fresh peas
2 tsps. basil
salt and pepper
5 or 6 cups chicken consommé
1/2 cup heavy cream, optional

Put the oats in a heavy pot and let them color and become fragrant over a medium fire. Stir them occasionally so they won't burn. Add the onion and boiling consommé. Cover tightly and simmer gently over very low heat about 25 minutes or until the consommé is absorbed and oats tender. Reserve 1/2 cup of oats for garnishing the soup. Cook the peas in basil, salt, pepper, in 1/3 cup of water until just tender. Reserve 1/3 cup of them for garnish. Purée the oats and peas with the consommé. Add the 2 garnishes and the cream if you like. This is a fine and nourishing soup. Serves 6 or 8.

Pea and Vegetable Soup

1 1/2 pounds fresh peas
1 cup carrots, diced
1/4 cup butter
1/3 cup onions, chopped
4 or 5 cups chicken consommé
1/2 pound fresh green beans
1 tsp. chervil
salt and pepper
1/4 cup water
1/3 cup heavy cream

Put the peas, carrots, butter and onion in a heavy pot and stir a minute over low heat. Add the hot consommé and simmer gently 15 minutes, covered. Purée the contents. Wash and cut the beans in 1/2-inch lengths and cook them with the chervil, salt, pepper, and water until tender. (The pressure cooker takes 3 minutes.) Add the beans and their juices to the soup. Reheat the soup to serve and stir in the cream. Serve 8.

Potage St. Germain #1

3 pounds fresh peas
5 white onions, sliced
1/4 cup butter
salt and pepper
2 tsps. basil or chervil
2 cups milk or more
1 cup light cream
1/4 tsp. nutmeg

Garnish
mint or parsley, chopped

Shell the peas. Every pound of peas should yield 1 cup of peas. Slice the onions thin and put them in a heavy pot with the butter, and soften a minute, add the peas, seasonings, and 1/4 cup of water. Cover tightly and simmer until the peas are tender. (The pressure cooker takes a minute.) Purée the peas, onions, and their juice with the milk and add the cream and nutmeg. Add more milk to make 8 cups of soup. Garnish each plate of soup with a little mint or some chopped parsley.

Potage St. Germain #2

2 pounds (2 cups) fresh peas
2/3 cup celery, sliced
1 leek, sliced
3 tbsps. butter
1 1/2 cups boiling water
salt and pepper
3 or 4 cups chicken broth
2 tbsps. fresh herbs minced:
chervil, tarragon or basil
1/4 cup chives, chopped

Garnish

tiny croutons fried in butter

Put the vegetables and butter in the soup kettle and stir 2 minutes over low heat, then add the boiling water, salt, and pepper. Cover and cook until the vegetables are tender. Purée the contents of the kettle with some of the chicken broth. Thin with the broth so the soup is the consistency of heavy cream. Add the fresh, minced herbs and the chives. Serves 7 or 8. Pass a bowl of croutons.

Baked Potato Soup

5 new potatoes
1 onion, minced
4 tbsps. butter
salt and pepper
3 cups milk or part milk and part broth
1/2 cup heavy cream

Garnish

chives, chopped

The skins of baked potatoes give potato soup a good flavor. Scrub the potatoes and bring them to a boil and cook for 5 minutes, then drain and bake at 375° until tender. Heat the onion slowly in the butter until softened. Slice the potatoes and put them in the blender with the onion. Purée with hot milk. Thin with part broth if you wish. When the mixture reaches the consistency of cream, add the cream. Garnish with chopped chives. The skins may prevent the soup from being very smooth. Serves 4 to 6.

Fresh Herb and Potato Soup

1 cup lettuce, shredded and chopped
1 bunch watercress
4 ounces fresh spinach
4 ounces sorrel
2 tbsps. fresh tarragon
2 tbsps. fresh chervil
1 tbsp. fresh thyme
1/3 cup chives, minced
2 leeks, sliced thin
1/3 cup butter
1 1/2 pounds potatoes
2 tbsps. olive oil
salt and freshly ground pepper
3 cups boiling water
3 or more cups chicken broth

Garnish

crisp buttered croutons

Wash and trim the greens of any bruised leaves or coarse stems. Chop them and the herbs very fine in a wooden chopping bowl. Melt the butter, add the oil and soften the leeks a few minutes over low heat, then stir in the greens and herbs for 1 minute. Cook the finely diced potatoes in 1/2 cup of salted water in another pot. The water should be almost absorbed when they are tender. Mash the potatoes through a coarse sieve into the greens. Add the boiling water and broth and simmer 6 or 8 minutes. If too thick add a little hot broth. Serve with buttered croutons. Serves 8.

Variation: Scald 1/2 cup heavy cream and mix with 2 egg yolks. Whisk into the hot soup but do not boil again.

Ham and Potato Soup

4 leeks, sliced fine
1/3 cup butter or bacon fat
3 cups potatoes, finely diced
6 cups chicken broth
1 cup heavy or sour cream, scalded
1 cup ground cooked ham
Chopped parsley

Garnish

parsley, chopped

Color the leeks in the butter, add the potatoes and stir over low heat 3 or 4 minutes, then add the hot broth, simmer 10 minutes, and purée the soup. When ready to serve the soup, reheat it. Scald cream, add the ham, and put it in a warmed tureen. Stir in the boiling soup and the parsley. Serves 8.

Potato Soup

4 good-sized potatoes
2 yellow onions
1/4 cup butter
bacon fat or oil
salt and freshly ground pepper
milk
1/2 cup sour cream

Garnish

choice of grated gruyère cheese
croutons fried in butter
minced leeks fried in butter

Peel and slice the potatoes and onions. Melt the butter and some oil or bacon fat in a heavy pot or the pressure cooker. Fry the potatoes and onions a few minutes over low heat, then add 1 cup of water and cover. Cook until tender, or 2 minutes in the pressure cooker. Mash the vegetables through a sieve with hot milk. Add seasonings. The soup should be as thick as cream. Stir in the sour cream and reheat. Garnish as you choose. Serves 4.

Potato and Fresh Herb Soup

This is for those who have an herb garden.

2 pounds potatoes
salt and pepper
4 cups water
2 tsp. chicken soup concentrate
3 tbsps. butter

Herbs

4 ounces spinach, chopped fine
4 ounces sorrel, chopped fine
2 or 3 tbsps. chervil, minced
2 or 3 tbsps. tarragon, minced
1 tbsp. thyme, minced, or your choice

Garnish

croutons fried in butter
1/2 cup chives, chopped

Peel and slice the potatoes very fine. Add the water, seasonings and concentrate. Cover and boil 10 minutes. Chop the greens and herbs very fine in a wooden bowl and add them to the soup and cook 10 minutes more. Remove 1/2 cup of the mixture and purée the rest. Return the 1/2 cup of soup to the purée and add the chives. If it is too thick, add a little boiling water. It must be like cream. Serves 8. Pass the croutons.

Variation: 1 cup of heavy cream may be added after soup is puréed.

La Soupe de Courge à la Crème
Auberge du Pont de Collonges, Rhone

M. Paul Bocuse says, "the pumpkin is a neglected vegetable. It is good for gratins *and for soups. Here is one that is both delicious and a novelty." M. Bocuse calls for a six-to eight-pound pumpkin but as I wanted to serve 10 or 12 people I used one weighing between 12 and 13 pounds. The pumpkin serves as a tureen and it is a spectacular dish when brought to the table and the soup served from it.*

12- to 13-pound pumpkin
5 slices good bread, toasted
1/2 pound gruyère cheese, shredded
5 cups hot light cream
salt and freshly ground pepper
1/2 tsp. nutmeg, freshly grated

Cut a round from the top of the pumpkin to serve as a lid. Remove all the pith and seeds from the interior. Fill the pumpkin by alternating the slices of toast with the shredded cheese. Heat the cream, add the seasonings and pour into the pumpkin, put on the lid (see that it fits) and bake it 2 1/2 hours at 325°. If it seems to be baking too fast turn the heat to 300°. An 8-pound pumpkin will take 2 hours to bake. To serve, bring the pumpkin to the table on a tray, remove the lid, scoop some of the flesh from the walls to mix with the soup and serve it in wide soup plates. Serves 10 or 12.

A word of caution; it must be a young, firm pumpkin or it may spring a leak and much of the liquid will flow into the baking pan.

Cream of Pumpkin Soup

4 cups fresh pumpkin, cubed
1/4 cup onions, chopped
1/4 cup carrots, shredded
1 tbsp. brown sugar
1/4 cup butter
4 cups chicken broth or hot milk
salt and pepper
3 tbsps. fresh herbs, minced: chervil, tarragon, or basil
1 cup heavy cream

Cut the pumpkin in 1/2 inch cubes. Put the onion, carrot, sugar and butter in a heavy pot and cook a minute, then add the pumpkin and stir over low heat for a minute more. Add the hot broth or milk. Cover tightly and steam tender about 15 minutes. Purée the contents of the pot and season with salt, pepper, and fresh herbs. Add the hot cream and reheat. Serves 7 or 8.

Pumpkin Soup

3 cups fresh pumpkin, diced or 2 cups pumpkin, mashed, cooked
1/2 cup onions, chopped
4 tbsps. butter
3 strips bacon, diced
2 tbsps. brown sugar
1/2 tsp. mace or nutmeg
salt and pepper
4 or 5 cups chicken broth
1 cup cream
1/4 cup dark rum

Dice the pumpkin in 1/2-inch pieces and steam over 1/2 cup of water about 15 minutes until tender. Cooked mashed pumpkin may be used instead. Dice the onion. Cook the butter and bacon until the bacon is crisp, drain it out, then cook the onion slightly in the fat. Add the onion to the pumpkin and purée. A little of the hot broth may be needed to make the purée. Add the sugar, seasonings, and the rest of the broth and the cream. Bring to the boil and if too thick, add a little broth. When ready to serve, reheat and add the rum. Serves 8 or more. This is a good idea for Thanksgiving, skipping the pie for dessert—and have something else. To serve more people, add more of all the ingredients.

Red Cabbage Soup

1 red cabbage, shredded fine
1/4 cup butter
1/2 cup onions, chopped
2 potatoes, finely diced
2 tart apples, peeled and diced
1 clove garlic, crushed
6 cups boiling water
salt and freshly ground pepper
1 tsp. paprika
1 cup red wine
1/2 cup heavy cream, scalded
2 egg yolks
1 jigger brandy

The cabbage should be scant medium-sized and shredded very fine. Sauté the butter and onions in the soup kettle until they color a little, then add the cabbage, finely diced potatoes, and apples. Add the garlic, boiling water, salt, pepper, and paprika. Cover and cook gently 45 minutes, then add the wine. When ready to serve, reheat the soup. Scald the cream and mix it with the egg yolks and whisk it into the hot soup. Add the brandy but do not boil again. If too thick, add a little boiling water before the cream is added. Serves 8.

Soup of Snow Peas

1 pound snow peas
2 cups salted boiling water
2 tsps. basil
6 cups chicken broth
2 tbsps. tapioca

Wash and trim the peas. Put them in a heavy pot with the boiling water and basil and cook them, covered, 15 minutes, or until tender. Remove 2 cups of peas and purée with some of the chicken broth. Return the puréed peas to the soup pot and add the rest of the hot broth and tapioca. Simmer 15 minutes. If too thick, add more broth. Serves 8.

Variation: 1 cup scalded cream mixed with 2 egg yolks, may be added to the soup when it is done.

Alsatian Sauerkraut Soup

2 cups sauerkraut
1/2 cup onions, chopped
2 or 3 tbsps. ham fat
1 cup riesling wine
1 tsp. powdered caraway
freshly ground pepper
4 cups chicken consommé
1 pound small pork sausages
3 knackwurst

Rinse the sauerkraut in hot water to remove the harsh taste. Sautè the onions in the fat until they color. Mix them with the sauerkraut in a heavy pot, add the wine, seasonings, and consommé. Cover and simmer gently 20 minutes. Meanwhile brown the sausages in the oven at 375° for 18 minutes. Add them to the soup. Cook the knackwurst in boiling water 10 minutes. Serve them skinned and sliced separately to spread with mustard, but at the same time as the soup. Serves 4 to 6.

Accompaniment

Dijon mustard
riesling wine
black bread

Hungarian Sauerkraut Soup

1 pound smoked salt pork
2 quarts water
2 cups onions, chopped
2 cloves garlic, crushed
3 cups blanched, rinsed sauerkraut
sliced Hungarian sausage
2 tbsps. sweet Hungarian paprika
1 tbsp. flour
salt and pepper
1 cup sour cream

Rinse the pork and cook it in the water, onions, and garlic 2 hours, covered. Blanch the sauerkraut with hot water and drain it. Remove the pork, slice, and dice it. Put it in a sauté pan and when it is golden, add the sliced sausage, paprika, and flour and stir until smooth. Cook the sauerkraut in the soup 10 minutes, and then scrape in the pork and sausage mixture. Check for seasoning. When ready to serve, reheat and stir in the sour cream. Serves 6.

Variation: 1 cup cooked noodles may be added to the soup.

Spinach Soup

1 1/2 pounds fresh spinach
1 green pepper, sliced
1 large onion, sliced
3 tbsps. butter
salt and pepper
1/2 tsp. rosemary or basil
milk

Wash and discard any bruised leaves. Put the spinach in a dishpan of quite warm water and let it stand until the grit sinks to the bottom. Wash twice more, the last time in cold water. Drain it for a few minutes. Sauté the green pepper and onion in the butter in a heavy pot for 1 minute, then add salt, pepper, and an herb. Put the spinach on the vegetables but add no water. Cover tightly and cook slowly about 5 minutes until it is tender. (It takes 30 seconds in the pressure cooker.) Purée the contents of the pot in the electric blender, rinse out the blender with milk and add enough milk to thin soup to the consistency of heavy cream. Taste for seasoning. Serves 6 or 8.

Variation: The above spinach soup has a pure spinach flavor; if a richer taste is desired, do not drain the washed spinach for more than a moment. Use the extra juice to melt 2 or 3 teaspons of chicken soup concentrate when the spinach has been put in the blender. Use 1/2 cup of heavy cream to thin the purée. Then add milk to obtain a cream-like consistency. This is really one of the most delicious soups.

Spinach and Sorrel Soup

1 pound fresh spinach
1/2 pound fresh sorrel
1 green pepper, sliced
1/2 cup onions, chopped
1/4 cup butter
salt and pepper
1/2 tsp. rosemary or basil or both
1 cup chicken broth
milk for thinning

Trim and wash the 2 greens and drain them a few minutes in the salad basket. Sauté the pepper and onions in the butter a moment, then add the greens, salt, pepper, and herb. Add the broth and cook a few minutes until the greens wilt. (The pressure cooker takes 1 minute.) Purée the contents of the pot with all the juices and thin with milk to the consistency of cream. Pass the croutons. Serves 6 or 8.

Garnish

buttered croutons

Squash, Pumpkin, or Sweet Potato Soup

2 cups mashed cooked vegetable: hubbard or acorn squash, pumpkin, or sweet potato (about 1 pound)
3 cups chicken broth
2 tbsps. butter
salt and freshly ground pepper
2 or 3 tbsps. honey or light brown sugar
1/2 tsp nutmeg or mace
2/3 cup heavy cream
rum

Garnish

cooked chestnuts or chestnuts in syrup

The vegetable may be leftover, cooked and seasoned, in which case, add more seasonings to taste. Mix the mashed vegetable until smooth, with all the ingredients except the rum. When ready to serve, put a tablespoon of rum in each hot soup plate and add the boiling soup. For holidays or special occasions, a couple of halved cooked chestnuts or drained chestnuts in syrup may be added to each plate of soup. Serves 6 or 8.

Succotash Soup

4 ounces salt pork, sliced and diced
2/3 cup onions, diced
2 cups fresh corn, scored and scraped from the ears
1 pound fresh lima beans
1 tsp. basil
salt and freshly ground pepper
1 cup fresh peas
1 tsp. chervil
12 small okra
3 cups milk, scalded
1 cup heavy cream, scalded
2 egg yolks

This is a grand soup when all the vegetables are in season. Fry the salt pork until it begins to color, then add the onions and sauté them 5 minutes or until they soften but do not burn. Add the corn and stir for 1 1/2 minutes. Scrape the contents into the soup kettle. Cook the lima beans in very little water with the basil, salt and pepper and add the contents to the vegetables in the kettle, not draining them. Do the same with the peas, chervil, and seasonings. Tip the okra and boil it in salt water, and drain. Put it in a heavy pot with 1/3 cup of water and cook for 5 minutes, covered. A thinly sliced small zucchini may be steamed with it if you like. Add this to the vegetables in the kettle. Boil up the milk and pour it over the vegetables and let them stand and ripen several hours. When ready to serve, reheat the soup, scald the cream and add it to the egg yolks and whisk into the soup. Reheat but do not boil again. Check the seasoning. Serves 8.

Variation: The milk may be replaced or partly replaced with chicken consommé.

Sweet Potato Bisque

2 cups mashed, seasoned sweet potatoes (may be leftovers)
chicken broth or milk
cream
rum or madeira

This is especially good if the sweet potatoes have been seasoned with orange, nutmeg, honey or brown sugar. They are thinned with either chicken broth or milk with some cream added. Flavor with either rum or madeira—a jigger for every 4 cups of soup. For an added party garnish, add some glacéd sliced chestnuts to each plate of soup or some chopped browned almonds.

Cream of Turnip Soup

1 1/2 pounds new white turnips
1/3 cup onions, chopped
1/3 cup butter
1 large potato, peeled and diced
salt and pepper
1 tbsp. flour
5 or 6 cups hot chicken broth
1 cup heavy cream, scalded
1/4 tsp. nutmeg
2 egg yolks

Garnish

bowl of grated gruyére cheese

Peel and dice the vegetables and soften them 2 or 3 minutes with butter in the soup kettle over low heat. Add salt, pepper and flour. When smooth, add the boiling broth. Cover and simmer 15 minutes. Remove 2 cups of the soup and purée it, and return it to the rest of the soup. When ready to serve, reheat the soup. Add nutmeg to the cream, scald, and mix it with the egg yolks. Whisk it into the hot soup and heat but do not boil again. Serves 8 or more. Pass the cheese.

Turnip and Potato Soup

1 1/2 pounds turnips
or rutabagas
1 1/2 pounds potatoes
1 cup onions, chopped
1/4 cup butter
2 tbsps. oil
salt and pepper
2 cups chicken consommé
1 cup light cream
milk for thinning

Garnish

croutons or chopped parsley

You may use any kind of turnips or rutabagas you wish. Peel the turnips and slice them very thin; do the same with the potatoes. Put these with the onions in a heavy pot with the butter and oil and sauté them over low heat for 3 or 4 minutes without burning them. Season with salt and pepper. Add the hot consommé, cover and simmer until tender. (The pressure cooker takes 2 or 3 minutes.) Purée the soup and add the cream and enough milk to thin to the consistency of cream. Reheat to serve and add the parsley. Pass crisp croutons if you wish. Makes 8 or more cups.

White Turnip Soup

1 1/2 pounds new white turnips
1 pound potatoes
1 cup onions, chopped
3 tbsps. butter
1 tsp. sugar
5 cups boiling water
salt and pepper

Garnish

1 cup peas
1/2 cup julienne carrots
1/2 cup French-cut green beans
1/2 cup water
3 tbsps. butter
1 tsp. basil

Peel the turnips and potatoes and dice them. Sauté the onions in the butter over low heat until they color, then stir in the vegetables. Add boiling water and 2 teaspoons of chicken soup concentrate, if you wish. Season and cook 10 minutes or until the vegetables are soft. Purée them. For the garnish, put the vegetables in a heavy pot with the butter and water. Add the basil, cover tightly and cook over low heat until they are tender, about 10 minutes. Add them to the soup. Serves 6 or 7.

Variation: Consommé may be used instead of water and 1/2 cup of heavy cream added.

Cold Tomato Cream Soup

4 cups tomato juice
3 tbsps. onion, grated
3 tbsps. celery, grated
salt and freshly ground pepper
1 1/3 cups heavy cream

This must be done in the blender. Mix all the ingredients and purée a little at a time, then mix it all together. Chill. It may be garnished with avocado balls. Serves 6.

French Tomato Soup

3 tbsps. butter
8 slices bacon, diced
1 cup onions, chopped
2 cloves garlic, crushed
1 can baby sliced tomatoes (14-1/2 ounce)
1 tsp. fennel
1 tsp. basil
1 tsp. chervil
salt and pepper
4 cups veal or chicken consommé
3 tbsps. flour
1 cup heavy cream
1/2 cup madeira or port

Put the butter in a large saucepan and cook the diced bacon in it until it is crisp. Scoop out the bacon and reserve. Cook the onions and garlic in the fat until tender, add the tomatoes, herbs, salt, pepper, and cook 5 minutes. Blend the flour with a little of the consommé and add it and the rest of it to the soup. Simmer 10 minutes very gently. Boil up the cream and wine, add it with the crumbles of bacon, and serve. Serves 6.

Italian Fresh Tomato Soup

4 to 6 cups skinned, chopped tomatoes
1 cup onions, chopped
1 cup celery, chopped
salt and pepper
2 bay leaves
3/4 cup light cream, scalded

Garnish

croutons fried in olive oil
powdered fennel
parmesan cheese

Simmer the tomatoes, onion, salt, pepper, and bay leaves 15 minutes, then strain the soup. Scald the cream and stir it into the soup. Fry inch cubes of dry Italian bread in olive oil until brown, then sprinkle with fennel. Put croutons in each soup plate and pass a bowl of parmesan cheese. The beauty of this soup is its fresh taste. In winter this may be made with canned plum tomatoes. Serves 6 to 8.

Jean Dupin's Tomato Soup

Jean Dupin lives in Beaune and is one of France's finest printers and it is only natural that he is a master of more than one art. I have been lucky enough to have been on the receiving end of some of his dishes, among the best I have ever eaten.

6 large ripe tomatoes, skinned
1/3 cup butter, melted
1 1/2 cups dry croutons
salt and freshly ground pepper
3 cloves garlic, crushed
6 cups water
1 1/2 cups heavy cream, scalded
2 egg yolks

Garnish

fried croutons

Skin and slice the tomatoes into the butter. Stir 3 or 4 minutes over low heat. Stir in the 1/2-inch cubes of dry croutons, salt, pepper, and garlic. Add the hot water, cover, and simmer gently an hour. Sieve the soup and cook gently, covered, another hour. Sieve again. Scald the cream and mix it with the egg yolks then whisk it into the hot soup. Serve with a bowl of crisp croutons fried in butter. Serves 6.

Tomato Soup
Near East

1 1/2 cup tomato purée
2 tbsps. parsley, minced
1/2 cup celery, finely sliced or celery root, diced
1 1/2 tsps. powdered caraway
5 cups lamb or chicken broth
3 tbsps. semolina (cream of wheat)
1 tbsp. capers

Put the tomato, parsley, celery, caraway, and broth in a heavy pot and simmer 10 minutes. Purée the soup. Put it back in the pot with the semolina and simmer 10 minutes. Add the capers or more if you wish. Serves 6. This is easily increased by adding more purée and broth.

Tomato and Potato Soup

1 quart ripe tomatoes, skinned and sliced, or 1 quart can of tomatoes with purée
1/2 cup fresh bread crumbs
1 1/2 pounds potatoes, peeled and sliced
6 cups boiling water
2 tsps. chicken soup concentrate
1/3 cup onions, chopped
2 tsps. fennel powder or basil and thyme
salt and pepper
2 tbsps. brown sugar
1/4 cup butter

Garnish

croutons fried in butter

Put all the ingredients in a heavy pot, except the butter. Very good tomatoes canned with purée are much better than tasteless fresh tomatoes if one can't get home grown or their equivalent. Cover and simmer gently 25 minutes. Purée the soup and if it is too thick, add a little water. When reheating to serve, add the butter. Pass a bowl of croutons. Makes over 2 quarts.

Tomato and Vegetable Soup

2 pounds fresh tomatoes, skinned or 1 quart can of tomatoes, puréed
1 cup onions, chopped
2 sweet peppers, sliced
2 cloves garlic, crushed
1/4 cup parsley, minced
1 tbsp. brown sugar
1 cup carrots, sliced
1 tsp. thyme
1 tsp. fennel
salt and pepper
1/4 cup butter
1/4 cup oil
1 quart tomato juice or vegetable juice

Garnish

sour cream, optional

Put the vegetables and seasonings in a heavy pot. Crush the tomatoes. Add the butter and oil. Cover and cook slowly 10 minutes. Add the juice and cook 10 minutes more. Purée the soup. Add a dollop of sour cream to each plate of hot soup, if desired. Makes over 2 1/2 quarts.

Tomato Bouillon

2 large cans tomatoes, puréed
1 large can vegetable juice (1 pint 8 oz.)
1 12-ounce can carrot juice
1/2 cup celery leaves, chopped
4 cloves
1/4 cup onions, chopped
1/4 cup parsley, minced
2 tsps. brown sugar
salt, pepper, cayenne to taste
1 pint strong beef bouillon

Accompaniment

bowl of grated cheese

Purée the tomatoes in the blender. Put them in a heavy pot with the juices, vegetables, and seasonings—every ingredient except the beef bouillon. Simmer, covered, 15 minutes, then strain. The bouillon may be made with stock or with boiling water and beef glaze and soup concentrate. It should be of strong beef flavor. Add this to the tomato mixture and simmer gently 10 minutes. Makes 3 1/2 quarts.

This is very good as is, or as a base for other vegetable soups; it also makes a very fine aspic ring to fill with cooked vegetables or fruits. Add one tablespoon of commercial gelatine for every pint of liquid.

This soup is also good with noodles. Cook 1 cup of little noodle shells in boiling salted water until tender, drain them and add them to 6 cups of boiling tomato bouillon. Pass a bowl of grated cheese with it.

Vichyssoise

4 or 5 leeks, sliced thin (white part)
4 medium-sized potatoes, diced
1/3 cup butter
salt and pepper
5 cups chicken consommé
1 1/4 cups heavy cream
1/2 cup chives, chopped

Put the leeks with the butter in a heavy soup pot and let them color over low heat. Add the potatoes and stir them with the butter and leeks for another minute. Add 1/2 cup boiling water, cover tight and simmer until the potatoes are tender, about 10 minutes. Season and purée the contents with some of the hot consommé. Add the rest, stir in the cream, chill, and sprinkle the top of each soup plate with chives. Sour cream may be used instead of sweet cream. Serves 8.

Watercress Soup

2 bunches watercress
2 white onions, diced
1 good-sized potato, diced
4 tbsps. butter
5 or 6 cups chicken broth
salt and pepper

Garnish

sprigs of watercress and buttered croutons

Trim and wash the cress. Remove any very coarse stems. Reserve 8 sprigs. Chop it in a wooden bowl. Soften the onions and potato in the butter in the soup kettle. Stir in the chopped watercress and moisten with the boiling broth. Season to taste, and cook 15 minutes, covered. Remove 1/2 cup of the soup and purée the rest, then return the reserved 1/2 cup to the soup. Garnish each soup plate with a sprig of watercress and some crisp croutons. Serves 6 to 8.

9.

Fruit Soups

When to have fruit soups? What to have with them in summer, when fruit is fresh? Have a lovely fruit soup for lunch, with a delicious hot bread and perhaps a custard cream or Zabaglione for dessert and you have a balanced meal. Serve a vouvray before and during lunch. Rita of the Scandinavian Fruit Soup says her father likes the soup hot, with pancakes in winter.

Beet Fruit Soup

8 new beets
2 cups water
3/4 tsp. powdered clove
salt and pepper
juice of 2 limes or lemons
frozen grape juice concentrate
grapefruit juice
1 tbsp. honey or brown sugar
1 cup dry red wine

Garnish

fresh pitted cherries or canned bing cherries and juice

This is a beautiful soup either hot in winter or cold in summer. Scrub the beets very well as the water they cook in is used in the soup. Fresh beets are better, but good canned ones may be used. Cut the stems off within a good inch of the beets so they won't bleed. Cook them in the water until they are tender. Skin them and slice them into the electric blender, add the beet water and purée until smooth. Add the seasonings. Dilute the grape juice with 1 1/2 cans of water instead of 3. Add the grape juice, a little grapefruit juice, sweetening, and the wine. If too thick, dilute with more grapefruit juice until it is the consistency of heavy cream. The clove and grape give this a very good flavor. This recipe makes over 2 quarts and it keeps very well in covered glass jars in the refrigerator.

Blender Fruit Soups For Children

Choice of fruits

bananas
peaches
apricots
strawberries, fresh or frozen
raspberries, fresh or frozen
1 cup light cream
milk
egg yolks (optional) or orange juice or grapefruit juice or pineapple juice

Garnish

whole berries, cherries, melon balls

Any choice of 1 fruit or a combination of fruits may be sliced and put in the blender with either cream and milk or fruit juice and puréed until it is creamy. It may be served in cups or in soup plates garnished with berries, cherries or melon balls. The combinations are endless. The egg yolk makes it a nourishing dish for lunch. Old children too, like them—perhaps with a spot of rum. The addition of a spoonful of powdered coconut with pineapple juice makes a divine drink.

Canteloupe or Honeydew Soup

3 or 4 cups good ripe melon
2 tbsps. sweet butter
1/4 tsp. nutmeg
1 1/2 cups fresh, strained grapefruit juice
juice of 2 limes
2 tbsps. honey
salt and pepper to taste
1/4 cup heavy cream
1 or 2 jiggers of Cointreau or Curaçao

Garnish

18 or 20 melon balls marinated in light rum

Sauté the melon in the butter 2 or 3 minutes, adding the nutmeg. Purée with the juices, honey, salt, and pepper. Add the cream and liqueur and chill. Marinate the melon balls at least an hour, and just before serving, put 3 balls in each soup plate, put the marinade in the soup and divide it over the melon balls. Serves 6.

Carrot and Orange Soup

2 bunches new carrots
4 tbsps. butter
1/2 cup white onions, diced
salt and pepper
2 or more cups orange juice
1/8 tsp. mace or nutmeg
1/2 cup heavy cream

Garnish

chives, parsley or fresh mint, chopped
pitted cherries or berries
melon or avocado balls

Slice the carrots thin. Melt the butter in a heavy pot and cook the onion a moment, then stir in the carrots. Add pepper and the juice. Cover and cook until the carrots are tender. Add the seasoning and purée the carrots with their juices. Add the cream and more orange juice if it is too thick. Children love this soup, especially if it is garnished with fruit. It is good hot or cold. The cream may be omitted if desired. If more is needed, a can of carrot juice may be added, and if it is too sweet, add the juice of a lemon or lime. Serves 6 or any number, depending on how much juice you add.

Cold Buttermilk Soup

6 cups buttermilk
1 1/2 tsps. cinnamon
1 1/2 tsps. nutmeg, freshly grated
rind 2 lemons, grated
4 tbsps. lemon juice
1/3 cup powdered sugar
1 1/2 cups heavy cream, whipped

Whip the buttermilk with a rotary beater until it is frothy, then beat in the seasonings and blend in the whipped cream. This is a refreshing soup and it must be served cold. It has a flavor like that of lemon juice. Serves 6.

Cherry Soup

1 quart cherries, pitted
3/4 cup bread crumbs
4 tbsps. butter
1 tbsp. flour
1/8 tsp. clove
1/8 tsp. cinnamon
2 tbsps. brown sugar
few grains salt
2 cups grapefruit juice
2 cups water
1 cup dry red wine

Pit the cherries. Put the crumbs in a pot with the butter and cook them slowly until they color, then sprinkle with flour and stir until smooth. Stir in the seasoning, sugar, and salt. Boil the cherries with the juice and water, and stir slowly into the crumb mixture. Simmer 8 minutes. Add the wine, reheat, and serve hot. Makes about 8 cups.

Cherry Soup Limousin

1 1/2 pounds cherries, pitted
6 cups water (or half grapefruit juice)
few grains salt
1 tsp lemon rind, grated
light brown sugar or honey to taste
3 eggs, beaten
1 cup white wine

Boil the cherries in the liquid and seasonings 20 minutes. Beat the eggs until thick, and pour the boiling soup over them. When they cool, add the wine and chill. Serve cold. Makes about 2 quarts.

Fruit and Tomato Consommé

4 cups tomato or vegetable juice or half and half
1 cup orange juice
1 cup grapefruit juice
mint, chives or parsley, chopped

You may use any proportions that suit your taste. Mix the juices and seasoning. Chilled and garnished, this is a refreshing soup for summer. It is also good served hot in winter when it may be thickened a little with cornstarch. Fresh berries or cherries may garnish it in the summer; melon balls or avocado balls may garnish it in the winter.

Gooseberry Soup

2 pounds gooseberries
1/3 cup light brown sugar
2 cups dry white wine
4 cups water
1/8 tsp. salt
2 eggs, beaten

Wash and save 18 whole berries for garnishing the soup. Put the rest of the berries in a pot with the sugar, wine, water and salt. Simmer 20 minutes and purée the contents. Beat the eggs until thick and whisk the hot soup into them. Serve very cold. Serves 8. Add 2 berries to each soup plate.

Rhubarb Soup

1 pound pink rhubarb
3 cups orange juice
2 tbsps. honey
2 tbsps. cold water
1 1/2 tbsps. cornstarch
1 cup sauterne

Garnish

melon balls or pitted cherries

Cut the rhubarb, (hothouse makes the prettiest color) in 1 inch lengths. Cook it 5 minutes in the orange juice and sweeten to taste with the honey. Purée it and bring to a simmer with the cornstarch mixed with the cold water. Chill, and before serving add the wine. Serves 4 or 5. Garnish each soup plate with 4 or 5 melon balls or cherries.

Rita's Scandinavian Fruit Soup

1 cup sweet prunes, pitted
1 cup dried apricots
1/4 cup seedless raisins
5 paper-thin slices of lemon
5 1/2 cups water
few grains salt
1/3 cup light brown sugar
3 or 4 sticks cinnamon
1/2 dry cup white wine
3 tbsps. minute tapioca or cornstarch
1 cup tart apple, diced

The prunes are ready to eat, so they don't need soaking. Put all the ingredients except the apple in a 4-quart saucepan. The cornstarch if used, is mixed until smooth with the wine. Cover and bring to the simmer and cook 20 minutes. Add the apple, cover and simmer 8 or 10 minutes more. This makes 8 cups. Serve hot or cold.

Variation: The apricots may be omitted and 2 cups of diced apple and the same of fresh peaches may be used. One cup of the water may be replaced with wine. Other fruits may be used when in season. Some may not like the combination of lemon and cinnamon. Either may be omitted.

10.

Garnishes, Sauces and Thickeners

Cheese Straws

6 1/2 tbsps. parmesan cheese
1/4 cup sweet butter
1/2 cup sifted flour
1/4 tsp. dry mustard

Soften the butter to room temperature and mix it with the cheese. Mix the flour and mustard and cut in the butter mixture as you would for pie crust. Chill several hours wrapped in wax paper. Roll out 1/3 inch thick and cut in straws 1/3 inch wide and 4 inches long. Bake at 375° on a cookie sheet until a golden brown—about 12 minutes. Serve with soup.

Fish Mousselines

1/2 pound shrimp or fish fillets
salt and pepper
1/4 tsp. nutmeg
1 cup heavy cream reduced to 1/2 cup
1 egg white

Reduce the cream by boiling it for 16 or 18 minutes, then refrigerate and it will become thick. It is best to reduce the cream the day before making the mousselines. Medium-sized shrimp are best for this recipe. When buying 1/2 pound of shrimp, get 2 extra shrimp to make up for the weight of the shells. Put the shelled shrimp or fish fillets through the finest blade of the meat grinder to purée. Beat the egg white into the purée and chill the mixture. Beat in the reduced cream. Chill very well before cooking. Make small mousselines with 2 teaspoonsful, then put them in simmering broth or salted water. They must not boil. Cook, covered, about 3 minutes. Serve 3 or 4 in each plate of chicken or fish broth. This recipe serves 4, and may easily be doubled.

Gnocchi Spinaci for Soup

3/4 pound spinach, chopped fine
2 tbsps. butter
5 1/2 ounces parmesan cheese
1 3/4 cups (lightly pressed) fresh bread crumbs
2 extra large eggs
1 cup plus 3 tbsps. sifted flour
2 potatoes, boiled and sieved
salt and pepper
1/8 tsp. nutmeg

Trim and wash the spinach, first in quite warm water, then in cold water twice and drain well. Chop very fine and press to remove some of the juice. Sauté it in the butter a minute or two and sieve to extract a little juice. Mix the spinach with the rest of the ingredients. Roll a part at a time into scant 1 inch tubes and cut in 3/4 inch lengths. Put them in a shallow, heavy pan and pour boiling salted water over them. Bring to the boil and drain. They may be refrigerated before re-heating in soup or in sauce. Bring to room temperature before reheating. They are very delicate and tender; and lovely as a soup garnish.

Gribiche Sauce

This sauce is for Tête de Veau mentioned in the soup of that name.

1 cup mayonnaise
1 tbsp. sour pickles, minced
2 tbsps. capers
2 tbsps. shallots, minced
1 tbsp. Dijon mustard
2 hardboiled eggs

Of course the mayonnaise is home-made, unsweetened. Mix it with all the other ingredients. The egg yolks are mashed and mixed with a little mayonnaise and the whites are cut in small julienne sticks.

Liver Quenelles

4 ounces calf's liver
2 tbsps. butter
1/4 cup onions, chopped
1 tbsp. parsley, minced
1 egg, beaten
salt and pepper
1/2 tsp. thyme
1/4 tsp nutmeg
1/2 cup bread crumbs
1/4 cup sifted flour

Pork liver may also be used. Sear it in butter on both sides so it may be easily ground fine. Soften the onion in butter and grind it with the liver. Add all the ingredients. Form into tiny dumplings and roll them in flour. Boil in simmering consommé, covered, 3 or 4 minutes. Makes about 2 dozen. Serve 4 in each soup plate.

Mayonnaise

2 fresh egg yolks
3/4 tsp. salt
1 tbsp. wine vinegar
freshly ground pepper
1 1/2 cups olive oil
vinegar or lemon juice to taste

Have the ingredients at room temperature. Put the egg yolks, salt, vinegar, and pepper in the mixing bowl and beat until thick, with a whisk. Add olive oil, drop by drop until the mixture begins to thicken. The oil may be added by teaspoonsful as it thickens more. When it is thick and all the oil added, season it to taste. It may need more salt. At the beginning, if it separates and doesn't thicken, begin over with another yolk and add the separated mixture, drop by drop and it will thicken. Some have more success with a rotary beater. There are countless additions to simple oil mayonnaise to serve with meats, fish, vegetables, fruits, and the excellent rouille for fish soups.

Profiteroles

1/2 cup milk
1/4 cup butter
1/4 tsp. salt
1/2 tsp sugar
7/8 cup sifted flour
3 eggs

Filling

Mornay sauce

Put the milk, butter, and seasonings in a small saucepan and bring to the boil until the butter is melted. Stir in the flour and beat with a rubber spatula until the mixture leaves the sides of the pan. Let cool a few minutes, then beat in the eggs, one at a time. Preheat the oven to 400°, Put 18 teaspoonsful on a greased baking sheet and bake 20 minutes. Slit them as soon as they come from the oven to let steam escape. If not brown, let them dry out in the oven with the heat turned off and the door open 2 inches. When thoroughly cooled, fill with a little mornay sauce: thick cream sauce with 1/3 cup of grated cheese added. Profiteroles should be added to soup when serving and are not to stand. Put 3 in each soup plate. This recipe makes 18.

Ricotta Balls for Soup

1/2 cup raw spinach, ground
1/2 cup ricotta or cottage cheese, sieved
1 tbsp. parmesan cheese
salt and pepper
rind of 1 lemon, grated
1/2 tsp. nutmeg
1 large egg yolk
1/4 cup sifted flour
Mixed flour and parmesan cheese

Grind the spinach and press the juice out of it against a sieve. There should be a little over 1/3 cup and it should be dry. Mix all the ingredients together. Roll 1 small ball in mixed flour and parmesan cheese. Try it in boiling consommé to see if it holds together; if not, add 1 or 2 more tablespoons of flour. The less flour, the more delicate they are. This recipe makes about 20 little balls. Boil them 2 or 3 minutes in the consommé just before serving. Serve 4 or 5 balls in each plate of soup.

Royals

1 egg
2 egg yolks
2/3 cup cream
salt and pepper
1/8 tsp. nutmeg

Beat the ingredients together. Pour into a shallow oiled pan so the mixture is 1/2 inch thick. Bake 12 minutes at 350°. Let cool, unmold and cut in small cubes or dice to garnish soup, usually a clear consommé. The mixture also may be baked in very small oiled tin molds of fancy shapes. Bake 10 minutes. Allow 3 for each serving.

Tomato Royals

1 egg
2 egg yolks
2/3 cup tomato juice
and heavy cream, mixed
salt and pepper
1/2 to 3/4 tsp. fennel powder

The tomato royals are made like the cream ones above—mixed together and baked 12 minutes at 350°.

Sausage Balls for Soup

3 tbsps. butter
1/3 cup hot water
2/3 cup sifted flour
salt
2 tbsps. parmesan cheese
2 large eggs
1/3 cup ground sausage or salami
deep oil for frying

Put the butter and water in a small pot and heat until the butter melts, then stir in the flour like a pâté à chou. Add salt and cheese and stir hard until mixture leaves the sides of the pot. Let cool a little and beat in the eggs, one at a time, and the sausage. Make into little balls and fry at 370° until a golden color. They are served in beef or chicken consommé. Makes over 2 dozen.

Soubise Sauce

12 onions, sliced thin
1/4 cup butter
1 tbsp. flour
1/4 cup chicken broth
1 tbsp. (or more) flour
1/4 tsp. nutmeg
1/3 cup heavy cream
salt and freshly ground pepper

Peel and slice the onions very thin. Put them and the butter in a heavy saucepan and cook until the onions begin to soften, about 5 minutes over low heat. Stir in the flour, seasonings, and broth. Simmer gently another 5 minutes; then purée the onions. Mix the flour, nutmeg, and heavy cream until smooth and add it to the purée. Put the mixture in the top of the double boiler and cook over simmering water, uncovered, 15 minutes. Stir occasionally. If this is to be used for the recipe of M. Oliver's La Soupe aux Huîtres, more flour will have to be added, for the sauce must be very thick.

Vinaigrette Sauce

French Dressing

1 tbsp. vinegar or lemon juice
4 tbsps. olive oil
salt and freshly ground pepper

Additions

1 tsp. Dijon mustard
2 tbsps. fresh herbs, minced
2 tbsps. shallots, minced

Mix all together and serve where a piquant sauce is required, tête de veau, for instance.

Veal or Beef Quenelles

2 1/2 ounces veal or beef
2 1/2 ounces pork
2 tbsps. onion, grated
1 tbsp. butter
salt and pepper
2 tbsps. cream
1/4 cup bread crumbs
flour

Mix the beef or veal and the pork together. Sauté the onion in the butter a few seconds until it begins to soften, then stir it and the rest of the ingredients together. Make into tiny balls and roll them lightly in flour. Poach them in broth 5 minutes. Serve 3 or 4 in each plate of soup. Serves 6.

Zuppa Incantata
Italian Soup Balls

2 eggs, beaten
2/3 cup bread crumbs
2/3 cup cheese, grated
salt and pepper
1 tsp. powdered fennel or oregano
2 ozs. mortadella sausage, ground
consommé or tomato soup

Beat the eggs until light, then mix well with all the other ingredients, except the soup. Form into small balls; there will be at least 40. Try one in boiling salted water and if it does not hold together, 2 tablespoons more bread crumbs to the batter. Cover and boil half of them at a time for 15 minutes, then drain them. They will puff up. They may be made ahead of time and added at the last minute to boiling soup. Boil until they are reheated. Serves 7 or 8, with 5 or 6 balls in each soup plate. These may be made from good Italian or other pork sausage, squeezed from the casing. They are an old Italian recipe from Nico Ugolotti-Serventi, a friend in Parma.

Cream Reduction

When crème fraiche *is called for in French recipes it means such heavy cream, it is almost impossible to pour it. To reduce our heavy cream, 1 cup is boiled 16 minutes to reduce it to 1/2 cup. Refrigerate until it has thoroughly thickened, so it too hardly pours and it is ready to use as specified in French recipes.*

Another Version of Crème Fraiche

This is used as we use whipped cream but it is much better. It is put on puddings, pastry, or fruit and may be used in some *recipes calling for crème fraiche.*

3 ounces cream cheese
1/3 to 1/2 cup sour cream
1 cup heavy cream

Soften the cheese to room temperature and whisk the three ingredients together until smooth.

More Garnishes and Thickeners

Garnishes

Tiny cooked carrot or potato balls
Julienne carrot sticks, raw or cooked
Cooked asparagus tips
Minced fresh herbs
Minced chives and parsley
Small omelettes, cut in strips
Eggs: poached soft eggs
poached soft yolks
Sieved hardboiled eggs
Sliced hardboiled eggs
Tiny cocktail sausages, browned
Sliced knackwurst or garlic sausages, browned
Tiny mushrooms
Chestnuts
Truffle sticks marinated in madeira
Cooked pastas in small fancy shapes
Grated cheese
Dollops of sour cream
Melon or avocado balls for fruit soups
Berries or cherries for fruit soups
Croutons fried in butter with garlic or fennel (best served in in bowls to be crisp)
Canapès of fried bread
Rouille for fish soups
Mousselines and meatballs
Slices of lemon dipped in ground parsley

Thickeners

Tapioca
Pearl barley
Flour
Rice starch
Cornstarch
Rice
Vermicelli
Pastas
Purée-ing

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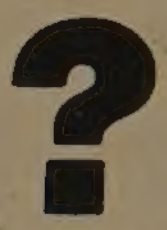

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